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What Is Diabetes?

Diabetes is a disease that concerns a lot of people all around the world. This is because it is considered as one of the deadliest diseases in a number of countries. In fact, in United States alone, it is considered as the number 5 deadliest disease. Most of the people that are affected by this kind of disease are those that are living in developed countries as well as those that are still developing. With this alarming information, any person, whether he has been diagnosed with such a disease or not should become more familiar about it, so that he would be able to make the necessary adjustments on the way he lives his life to prevent or gain control of it.

Diabetes in general would be a disorder in the body's metabolism, particularly the process in which it breaks down the foods in order to convert it to energy. In this process, insulin plays a vital part, which is why there is going to be a problem when a person either lacks the ability to produce substantial amounts of insulin or is resistant to it.

This is indeed a serious disease, which should not be taken lightly, especially for the fact that it can really affect a person's day to day life. Diabetes is diagnosed through a certain test, which requires a person to do fasting first. The test will check the person's blood glucose levels, and if the reading would be above 126 mg/dl, then that is a clear indication that the person is diabetes. It is recommended though that testing for this kind of disease should be done at least twice just to be on the safe side.

There are three major types of diabetes including "Type 1 diabetes," "Type 2 diabetes," and "Gestational diabetes." Knowing what they are and what sets each one apart from one other will help people who are prone to diabetes where to focus in trying to manage their condition.

Type 1 Diabetes

Otherwise known as "juvenile diabetes" or "insulin-dependent diabetes," Type 1 Diabetes is considered as the least common type of diabetes there is. Experts say that it is an auto-immune disease that makes the body's immune system—which serves as a shield against infection—gone not of working order, thus, savaging the cells located in the pancreas which is responsible for producing insulin. For people—especially those who are prone to diabetes—insulin is very important in breaking down the food once eaten.

People who suffer from type 1 diabetes have the inability to make insulin, thus, their bodies are easily damaged by the accumulate glucose in the body. Since they need insulin to get by, people who are suffering from this type of diabetes need a regular supply of insulin 24/7. Children and young adults are prone to this type of diabetes but this occurs at any age or can be a result of an illness. Type 1 diabetes sufferers exhibit characteristics such as onset thirst, often urination, and drastic weight loss.

Type 2 Diabetes

Type 2 Diabetes is also known as "non-insulin-dependent diabetes mellitus" and "adult-onset diabetes". What sets it apart from the type 1 diabetes is that the person suffering from this has

the ability to make insulin it's just that the amount produced is not enough for the body to use it efficiently.

This type is considered as the common type of diabetes, which usually develops among people who are more than 40 years of age. People who are prone to this type of diabetes are usually those who are overweight or obese and those that have sedentary lifestyle. Being a progressive disease, type 2 diabetes can also lead to more severe complications like diseases including the heart, the kidney, the eyes through blindness and amputation or loss of limbs. People who suffer from type 2 diabetes are also characterized by slow onset thirstiness, repeated urination, and loss of weight usually develops in a span of weeks to months.

Gestational Diabetes

The last type is called "gestational diabetes" which develops during pregnancy. Normally, this type of diabetes ends after giving birth but there are also those cases in some women that develop this type diabetes as they get older. Gestational diabetes, though it is common among pregnant women, should be monitored because there's a big chance of leading to type 2 diabetes.

Facts You Need To Know About Diabetes

If you think that you are prone to diabetes, the first thing that you need to know is to understand what is the illness all about. Experts say that diabetes is a chronic disease, which develop among people who have the inability to utilize the glucose in their food to be used as energy. The illness develops when the accumulated glucose stays in the person's bloodstream for a long time. Over a period of time, this amount of glucose, can bring potential harm to the person's other organs such as the eyes, kidneys, heart, and even the nerves themselves.

But being diagnosed with this kind of disease is not a death sentence.

However, if you are not careful or if you won't follow the recommendations of your doctors, then it may lead to other problems due to complications. Some of the problems you may have to deal with would include strokes, heart disease, loss of limbs that is caused by poor circulation, and even untimely death. The good news about it is that, you only need to take note of several factors in order to prevent it, or gain control of it if you are diagnosed with the disease.

Let's take a look at these factors:

1. Diet. As the saying goes, "what you eat is what you are." If you eat healthy foods and have well balanced meals, then you are healthier than those who don't do it. Experts advise people who are prone to diabetes that if they don't want to develop this disease they should eat lots of

fruits and vegetables especially those that are non-starchy ones like green beans, broccoli, carrots, or spinach. If you are at risk for diabetes, you should whole grain foods such as brown rice and whole-wheat pasta not processed grain products should be your main option. Also take more meals that has fish, leans meats, calorie-free drinks, and the like.

2. Weight issues. A person's weight is also a big factor for people who are prone to diabetes. Experts say that people who are overweight have greater risk for suffering from the disease because they can develop high resistance against insulin. If they don't have enough supply of insulin because of too much weight—responsible for making cells resistant to glucose—they can eventually develop diabetes.

3. Regular exercise. Many experts believe that people who have regular set of exercise and workout have lesser possibility of developing diabetes this is because it keeps a person fit and away from being obese. People who are at risk with diabetes should take into consideration implementing amongst themselves a routine that involves regular exercise at least once a week. It doesn't have to be a regular set that could be boring or would take so much of your time such as walk, jogging, swimming, cycling, doing household chores, or hobbies that involve lots of physical movements such as gardening.

4. Eliminate vices. Smoking and drinking alcohol are also among the factors that increase the risk of developing diabetes. This is crucial especially to those who have high risk for type 1 diabetes and type 2 diabetes because the toxins that enter the body make it harder for immune system to cope up.

If you want to prevent the disease to take over your life, whether you have been diagnosed with it or not, it is time that you make some changes in your lifestyle. Beginning today, it is best to follow a healthy diet and get some exercise. By doing that, you will be able to avoid diabetes, and even if you are diagnosed of having it, the things mentioned above will help you live a normal life.

Treatments Available For Diabetes

Whatever kind of disease is affecting you, it is very important that you know the treatment options you have for it. When it comes to diabetes, there are indeed a number of treatments available today, which you and your doctor will have to discuss and choose from. Diabetes is diagnosed as having a high blood sugar level and the degree of seriousness of the disease would vary from one person to another. In other words, the treatment options of one individual to another may also have to be different, since it is going to be dependent on the severity of his condition. On top of that, the treatment options would also depend whether you are affected by Type 1 or Type 2 diabetes.

If you have been diagnosed with Type 1 diabetes, it would mean that certain cells in your pancreas have been damaged, which causes it not to produce substantial amounts of insulin. On the other hand, being diagnosed with Type 2 diabetes would mean that you are resistant to insulin, or the receptors on your body's cells that are supposed to respond to insulin no longer get stimulated by it.

When it comes to treatment options for diabetes, it would hugely depend on the severity of the disease that is affecting you. However, in general, your physician may just have you follow a certain diet, take oral medication, or get insulin injections. These are the basic options that would be available for you, and in some cases, these options can be combined. It should be noted though that whether your doctor recommends oral medication, insulin injections, or both, you will still have to follow proper diet in order to gain control of diabetes.

Keep in mind that exercise is also another treatment option that has to be done in conjunction with proper diet. These two things should be followed religiously whether you need to take oral medications or insulin injections. By eating the right types of foods and by getting enough exercise, you will be making your body tougher, which will result to being able to live a normal and satisfying life, despite the fact of being diagnosed for diabetes.

More and more people these days are being diagnosed for either Type 1 or Type 2 diabetes. This is perhaps due to the kind of lifestyle many people are following today. Many people eat highly processed foods, foods that are high in sugar, cholesterol, and fat contents today; and this is one of the reasons why several individuals get affected by this disease. Although many would say that this disease is hereditary in nature, it should be noted that lots of people have already been diagnosed with acquired diabetes, which basically means that they did not inherit it, but they are able to cause it to themselves through living an unhealthy lifestyle.

Keep in mind though that it is never too late to make some changes in your life, whether you have already been diagnosed with diabetes or not. What's important is that you are aware of these treatment options, so that you will be ready for them, in case you acquire this type of disease.

Changes You Need To Make To Your Lifestyle To Prevent Diabetes

Diabetes is a disease that no one wants to get affected with, since it can drastically change the life of a person. Because of that, it is always better to make some changes in your lifestyle in order to prevent it than finding ways to get cured for it. Therefore, before you get diagnosed for diabetes, you have to modify the way you live your life as soon as possible, so that you will not just prevent diabetes, but also gain a better health. To get started, below are some of the lifestyle changes that you can follow in order to achieve your goals.

One of the most common ways a person gets diabetes is through the way he eats. In other words, it is time that you follow a healthy diet, so that you will be able to avoid diabetes. When it comes to this, aside from preventing diabetes, you will also be able to hit your goals if you have been wanting to lose weight for quite some time. Losing weight is actually one of the best ways to prevent diabetes, since becoming overweight or obese is one of the easiest ways to get infected with it.

Aside from focusing more on foods that are low in fat, cholesterol, and sugar content, you should also change the way you eat. In other words, if you are used to eating three large meals each day, change it to eating five times but in smaller portions. This practice will actually help in boosting your body's metabolic rate, which is essential in burning more fats and calories.

Reducing the amount of food that you would eat this way would not be too challenging, since this method will naturally suppress your appetite.

If you are working at an office where you would usually find yourself sitting in front of your computer the whole day, then you should think of ways of increasing your daily physical activities in order to become healthier. You can achieve that by working out in a gym, or simply focus on doing things in ways that would require you to exert some effort. For example, if you need to deliver a message to a colleague that is situated in another room or floor in your building, don't do it the modern way through email or phone. Instead, deliver the message yourself by walking towards him. Aside from that, you should also make it a practice to park your car a couple of blocks away from your destination, and always use the stairs instead of the elevator.

These are some minor changes in your lifestyle, which will already go a long way in preventing diabetes. Keep in mind that minimizing your weekend night outs with friends and dining out will also help in preventing this disease to become part of your life.

Conclusion

Just like any other illnesses, the first thing that people need is to be informed and educated about the disease that they may be prone to. And in case of diabetes, extensive knowledge about this can help people who are already suffering from it to cope up and manage and can also help those who don't have it yet to be more careful and to avoid the illness.

But, aside from having extensive knowledge on the disease such as its causes, symptoms, diagnosis and treatment, it also pays to be aware of prevention measures that one can take to prevent the onset of diabetes, especially when it can be avoided.

There are certain factors that affect people to be prone to diabetes such as diet and lifestyle. Hence, maintaining a healthy and active lifestyle will be a first step forward to preventing diabetes.