

Coping with Diabetes

Every day, in the United States, more than 2000 new cases of diabetes are diagnosed. Type II diabetes, the most prevalent form of diabetes worldwide, often shows few or even no symptoms!

After eating, food is broken down into what is known as glucose, a sugar carried by the blood to cells throughout the body. Using a hormone known as insulin, made in the pancreas, cells process glucose into energy.

Because cells in the muscles, liver, and fat do not use insulin properly in the body of a person with type II diabetes, they have problems converting food into energy. Eventually, the pancreas cannot make enough insulin for the body's needs. The amount of glucose in the body increases, and the cells are starved of energy.

This starvation of the cells, paired with the high blood glucose level can damage nerves and blood vessels. This leads to complications such as kidney disease, nerve problems, blindness, and heart ailments.

There are a lot of factors that can help to attribute to diabetes cases - lifestyle, environment, heredity - and those who are at risk should be screened regularly to prevent diabetes. Those that are already diagnosed with diabetes should aim to keep their glucose level under control.

But how do you know if you have type II diabetes? After all, it has few symptoms, often no symptoms in some patients. However, if you notice an increased thirst or hunger, a change in weight, or blurred vision, getting tested for type II diabetes is necessary, as only your doctor will be able to help you find the treatment steps necessary to being able to manage your life with diabetes.

Simple changes such as eating right, managing your weight, and keeping your blood sugar level under control may be enough. However, you doctor may prescribe diabetes-regulating medications to assist you in controlling your type II diabetes.

Diabetes is a serious ailment with extreme consequences if it isn't treated properly. But if you follow your doctor's advice and maintain both your lifestyle and blood sugar levels, you can help to prevent the more serious consequences from occurring.

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