

Diabetes Insipidus



Diabetes insipidus

Diabetes insipidus is an uncommon disorder that results in an imbalance of fluids in the body. This imbalance leads to the production of large amounts of urine. It makes you feel very thirsty even if you just drank.

Symptoms

Signs and symptoms of diabetes insipidus include:

Extreme thirst

Passing large amounts of pale-coloured urine

Frequent need to get up to urinate at night

Prefer cold drinks

Causes of diabetes insipidus

Diabetes insipidus occurs as a result of a defect in the structure of the kidneys that makes them unable to respond properly to antidiuretic hormone. This defect may be caused by a genetic disorder or a chronic kidney disorder

Complications

Drought

Diabetes insipidus may lead to dehydration. Dehydration can cause:

Dry mouth

Changes in skin elasticity

Thirst

Exhaustion

Electrolyte imbalance, electrolyte imbalance

Diabetes insipidus can cause an imbalance of minerals in the blood, such as sodium and potassium (electrolytes), that maintain fluid balance in the body. Symptoms of an electrolyte imbalance may include:

Weakness

Nausea

Vomiting

Anorexia

Painful muscle spasms

Confusion

Diabetes insipidus treatment

This type is usually treated with a synthetic hormone called desmopressin (DDAVP and Nocdurna). This medication replaces antidiuretic hormone (ADH) and reduces urination. Desmopressin can be taken as a tablet, nasal spray, or by injection