Stark

diabetes is bad

Diabetes is a condition that affects a lot of people worldwide, and most people are not well enough educated on the types and symptoms to know whether they are at risk or what they can do to lessen said risk. This is going to be a quick introduction to diabetes, to get the average person up to speed.

There are three types; type 1 diabetes, type 2 diabetes, and gestational diabetes. Type 1 diabetes is an auto-immune disease that is generally discovered in a person when they are a child or young adult. The cause is not yet quite known, but genetics and developmental things are suspected. However, it is definitely not caused by lifestyle choices. This type of diabetes can lead to diabetic ketoacidosis, an excess of blood sugar with little to no insulin to take care of that. Type 1 diabetes can also lead to sudden weight loss.

Due to the pancreas damage that type 1 diabetes inflicts, people with type 1 need to take insulin regularly. This can be done by an individual injecting themselves each time they intake insulin, or by putting on a small pump on the outside of the body that takes care of dosage and injecting all by itself. They also need to monitor their blood sugar levels, which can be done with a sensor that stays in the skin, or by doing finger pricks. Medications to control cholesterol or high blood pressure may be necessary as well.

Type 2 diabetes is generally found in people over 45 and is due to an eventual resistance to insulin. The exact cause is not known, but diet and potentially being overweight are risk factors when it comes to getting type 2 diabetes, along with genetics playing a role. More recently, as jobs have become more sedentary, people are being diagnosed at younger and younger ages.

There are many medications that can help to control blood sugar, the main one being metformin. Metformin helps people with type 2 diabetes to use insulin more effectively. They may also have to take medications for high blood pressure or cholesterol as well. Type 2 diabetes can be combated with diet and exercise, unlike type 1 diabetes. Exercising regularly, along with controlling weight and diet, can help to prevent or at least delay type 2 diabetes. If someone has had gestational diabetes or have pre-diabetes, they should be watching these things especially well because they are at a much greater risk of developing type 2 diabetes.

Gestational diabetes is found in pregnant people, and it is caused by insulin blocking hormones during pregnancy. It lasts the duration of the pregnancy and if not treated properly can harm the fetus and the pregnant person. A lot of thirst and hunger, excessive urination, becoming tired or fatigued, dry or itchy skin, blurred vision, and or slow-healing wounds can all be caused by gestational diabetes.

My mother got gestational diabetes whenever she was pregnant with first me and then each of my two younger sisters. She told me that it was the worst with my youngest sister, as she was a bit older and had to get blood sugar tests regularly and watch her weight throughout the pregnancy. She then said that the second worst when it came to gestational diabetes was her first child, and then her second child was the easiest in that respect.

Diabetes has a lot of long term health effects, here’s a list of the most common leading to the worst in order of how long they take to develop when diabetes is left untreated. Diabetes in general can cause things like vessel disease which can lead to a heart attack or stroke. It can lead to eye problems called retinopathy. It can lead to infections or skin conditions. Eventually diabetes can lead to nerve damage called neuropathy, or to kidney damage called nephropathy. If diabetes continues without lifestyle change or proper treatment, it can even lead to amputations because of neuropathy or vessel disease. Type 2 diabetes can even eventually increase one’s risk for Alzheimer's.

Diabetes is an awful condition, but by educating people on its negative effects and how to mitigate them we can help people to identify and deal with their diabetes before it wreaks too much havoc on an individual’s life. At least a base education on diabetes is also important for people who will never get it, because they will probably interact with people who do.