

Diabetes

Q1: Diabetes definition.

Diabetes is a systemic metabolic abnormal disease, mainly due to insufficient insulin secretion or poor function in the body, causing the metabolism of nutrients such as carbs, proteins and fats abnormal metabolism, resulting in excessive glucose in the blood, through the kidneys, with urine excreted, resulting in the phenomenon of sugar in the urine. Diabetes itself is not terrible, the most terrible is complications, if can be diagnosed early, good control of blood sugar, so that blood sugar close to normal, you can control the disease.

Q2: Who is easier to get diabetes?

1. **Close relatives have diabetes or have a family history:** The chance of developing diabetes is more than five times higher than the average person.
2. **Those who are overweight:** They need more insulin to metabolize the food they ingest. When insulin secretion is insufficient, the sugar in the blood will increase and diabetes will occur.
3. **Long-term use of steroids or diuretics:** Decreased potassium ions in the blood can interfere with insulin secretion.
4. **High blood pressure, high cholesterol, high uric acid:** Based on genetic factors, the tendency to merge diabetes is high.
5. **Poor eating habits, emotional stress, excessive drinking, pregnancy and viral infections, middle-aged and elderly people:** also factors that induce diabetes.

Q3: Diabetes classification

1. **Type 1 diabetes (Insulin-dependent diabetes):** It only accounts for a small part of all diabetes, about 5%, and it is common in young people and children. It is mainly because the pancreas cannot produce insulin and the patient needs to receive insulin therapy for life.
2. **Type 2 diabetes (non-insulin-dependent diabetes):** Most diabetes patients belong to this type, about 95%. It often occurs in patients over 40 years old, and many of them are overweight. The main reason is that the surrounding tissues of the patient have resistance to insulin, and the patient's pancreas itself does not produce enough insulin.
3. **Gestational diabetes**
4. **Other special types of diabetes:** These include pancreatic diseases, endocrine diseases, drugs or chemicals, antibodies to insulin receptors, diabetes associated with specific genetic syndromes, etc.

Q4: Common symptoms of diabetes.

1. Eat more, drink more, pee more.
2. Itchy skin, wounds are not easy to heal.
3. Weight loss.
4. Easy to get tired and weak limbs.
5. Feet numbs and tingling.
6. Blurred vision.
7. Easy urinary tract infection.

Q5: How to treat diabetes?

The control of diabetes depends on the **interaction of diet, exercise** and insulin or oral **hypoglycemia drugs** **these three works together.**

Q6: Chronic complications caused by diabetes.

Acute complications:

- **Hyperglycemia (should be alert):** When the body lacks of insulin, the sugars we ingest cannot be used, resulting in high blood sugar. **Symptoms: extreme thirst, nausea, vomiting, abdominal discomfort, weakness, weakness heartbeat, slow and deep breathing, unconscious.**
- **Hypoglycemia:** A case in which blood sugar drops due to poor appetite, excessive exercise, or overuse of drugs. **Symptoms: general weakness, hunger, shaking hands and feet, dizziness, headache, restlessness, visual disturbances, nervousness, sweating, cramps, and coma.**

Chronic complications:

- **Eye diseases:** Increased rates of retinal vascular disease, macular edema, cataracts, and glaucoma.
- **Cardiovascular diseases:** vascular sclerosis, angina pectoris, myocardial infarction.
- **Kidney disease:** proteinuria, hypertension, edema, urinary tract infection, renal function decline, and even cause uremia.
- **Neuropathy:** It often occurs in the lower extremities. The initial soreness, tingling, and then the insensitivity to cold and heat increases the chance of injury, and the wound is not easy to heal. Therefore, it is often complicated by bacterial infection and amputation.
- **Systemic infections:** Diabetics have poor skin resistance and are prone to local infections. They are common in the neck, underarms, inguinal area and feet. In particular, foot infections often cause ulcers and gangrene due to blood circulation disorders that are not easy to heal.
- **Prevention of chronic complications of diabetes:** (1) Reduce blood fat. (2) Good control of blood sugar and blood pressure. (3) Exercise often. (4) Prevent foot injuries.

Q7: Diabetes control and dietary precautions

1. **Red light food (i.e. foods with a lot of oil, salt and sugar are best to fasted)** For example, (1) Foods and beverages rich in refined sugars: condensed milk, fructose, soft drinks, Yakult, jams, milkshakes, Chinese and Western sweet pastries and snacks. (2) Foods rich in fats (especially saturated fatty acids): fried, crispy and other foods. (3) Foods that are too salty: pickled and processed foods (such as canned food).
2. **Yellow light food (should be eat less)** For example, (1) High cholesterol foods: internal organs (brain, liver, heart, kidney), crab roe, fish eggs. (2) Savoury Chinese and Western pastries and desserts.
3. Balanced intake of all kinds of food, follow the principles of less oil, less salt, less sugar, high fiber, high calcium, and drink more water.
4. Developing a **regular, quantitative, small and frequent eating habits**, help to maintain the ideal body weight and blood sugar balance.
5. **For those who are overweight or obese, weight loss should be the primary goal**, and a "reasonable weight" that can be achieved and maintained for a long time should be negotiated with the nutritionist.
6. Drinking and smoking are prohibited.

Q8: Diabetes Exercise Precautions?

1. It is recommended to ask a specialist to evaluate your own disease before exercising before deciding on the type and intensity of exercise.
2. Exercise to improve the use of oxygen muscles, aerobic exercise that caters to energy needs is better, such as: brisk walking, walking, aerobic dancing, swimming, cycling, etc. Avoid heavy exercises such as weight lifting, sprinting, sit-ups, push-ups and other strenuous exercises.
3. Do warm-up exercise before and after exercise. The intensity of exercise should increase slowly depending on your physical condition, do not do vigorous exercise on an empty stomach, and always bring sugar or candy with you.
4. Carry your diabetes identification card and avoid exercising alone.
5. Wear proper shoes, socks and clothing when exercising. Never exercise with barefoot.
6. Avoid fasting exercise after using insulin or oral hypoglycemic drugs.
7. Poor blood sugar control (before meals blood sugar level exceeds 250 mg/dl or frequent episodes of hypoglycemia) or do not exercise when sick.
8. Outdoor exercise is not appropriate in extreme temperatures (high temperatures, extremely cold) and bad weather (fog, rain).

Q9: Precautions for oral hypoglycemic drugs for diabetes?

1. Take the medicine according to the doctor's advice, do not stop or change the dose by yourself, and follow-up regularly.
2. Side effects of hypoglycemic drugs Sulfonylureas may occasionally cause edema or hepatitis, and hypoglycemia may occur if improperly applied. Biguanides and Alpha Glucosamine Inhibitors mainly cause gastrointestinal discomfort, such as flatulence, nausea and diarrhea.
3. Be aware the following conditions that can cause hypoglycemia, such as: overuse of the drug, not eating after taking the drug, eating too little or improper eating time, excessive exercise but no food supplement.

Q10: Precautions for foot care?

- Do not use scissors, corn patches, corns or crusty removers to treat corns or crusty skin on the feet, and should ask a doctor to handle them.
- Trim the toenails so not to cut it too short or hurt to the toenail bed.
- Due to poor blood circulation, if you encounter skin cuts, burns, blisters, mosquito bites, it is easy to get inflammation, pay attention to whether the wound has infections such as redness, pus, ulceration, swelling, etc. Do not smoke.
- You must wear socks when you wear shoes. It is best to choose wool socks or cotton socks to keep warm. Avoid socks with elastic bands so as not to cause poor blood circulation. Avoid wearing shoes with high heels, pointed toes, or exposed toes. Flat-bottomed slippers are better. Do not walk barefoot.
- Keep your feet warm, especially in winter. Choose wool socks or cotton socks to keep warm. Do not use hot water bottles, electric blankets, or electric heaters so as not to hurt your feet due to bad feelings.

Q11: If you have the following conditions, you need to go to the hospital for follow-up immediately.

1. When symptoms of hyperglycemia or hypoglycemia occur, such as nausea, vomiting, warm and

dryness, red appearance on the outside, or any uncomfortable situation, you should return to your doctor at any time.

2. If unconsciousness, convulsive, coma and other conditions should be immediately sent to hospital.

DIABETES

SIGNS AND SYMPTOMS




422 million people
have diabetes



headache



dizziness



frequent
urination



blurry vision



weight loss



tingling in
hands and feet

TREATMENT OF DIABETES



diabetes
medications



blood sugar
control



diagnostic



insulin therapy

TYPE 2 DIABETES CAN BE PREVENTED



healthy diet



weight control



break bad habits



exercise