Diabetes Essay, Research Paper

Diabetes

Diabetes is a very serious disease that attacks millions of

people around the world. It can strike at any age and can happen

to anyone. Although we are not exactly sure about the causes of

diabetes, we believe that it has to do with the body’s own immune

system attacking and destroying insulin-producing cells in the

pancreas.

Without insulin, the glucose that we need to live, has a

hard time entering the cells of the body that need it. If too much

glucose builds up in the blood, then a diabetic may begin to have

headaches or blurry vision. They may become very thirsty and have

dry, itchy skin. If glucose levels go too low, then a diabetic may feel

shaky, tired, hungry, confused, or nervous.

There are two types of diabetes. They are called Type 1

and Type 2 Some symptoms of diabetes include: excessive thirst;

constant hunger; sudden weight loss for no reason; rapid, hard

breathing; sudden vision changes or blurry vision; and drowsiness

or exhaustion. These symptoms can occur at any time.

Type 1 diabetes is more common in Americans then Type

2. It has affected over 1 million Americans with 30,000 more

people diagnosed every year (13,000 of those being children). Type

1 diabetes can occur at any age but is most commonly diagnosed

during childhood. In Type 1 diabetes, a person’s pancreas

produces little or no insulin, and because insulin is necessary for

life, people with Type 1 diabetes must take several insulin injection

shots each day for the rest of their lives. Although insulin allows a

person to stay alive, it does not cure diabetes or prevent it’s

complications. The blood sugar level of the diabetic must be

tested several times daily. One this is done by pricking the finger

with a special needle and placing the blood into a machine that will

carefully read it. This helps balance the glucose in the blood and

will help determine how much insulin is needed. Diabetics need to

pay careful attention to their diets, exercise, and blood sugar levels

in order to stay healthy. Other factors that can affect the blood

sugar levels are stressed, periods of growth, dollars for infection,

and fatigue as well as their exercise and any changes in their

normal schedule. Type 1 diabetes is also called insulin-dependent

diabetes.

Type 2 diabetes or, non-insulin-dependent diabetes, is

different than Type 1 diabetes in one major way. In Type 2

diabetes, the pancreas does make insulin, we so it is not needed to

be taken separately, but sometimes, not enough insulin is made or

the cells ignore the insulin. Because of the sudden rise or fall in

blood sugar levels, people with this type of diabetes must also test

their blood several times daily and adjust their diets and exercise

accordingly. Insulin boosting pills help this type of diabetic

maintain consistent blood sugar levels. With good treatment

though, insulin levels can return to normal. This, however, does

not mean that you are cured. You will always have diabetes, but

normal levels shows that you are taking care of yourself. A good

diet, exercise, and weight loss can help improve the body’s use of

insulin.

A good diet should include low-fat foods, moderate

amounts of protein, and lots of foods high in complex

carbohydrates, like beans, vegetables, and grains. Exercise helps

the body take in glucose. Exercise also lowers glucose levels and

plays a major part in treatment. Losing weight is also a major part

in treatment. It can also help the body to use insulin more

efficiently. The best way to lose weight is to maintain a good

exercise program and a healthy eating plan.

If a healthy diet is not kept up, then life-threatening

complications may arise. These life-threatening complications

include: blindness; heart attack; kidney failure; stroke; nerve

damage; and amputation.

People with diabetes can live a normal, regular life by keeping track

of their blood sugar levels. The average life span of a diabetic is 15 years

less than people that are not diabetic. This does not mean that they

cannot live a normal life. If a diabetic takes care of themself by

exercising and eating right, then their life can be just as happy as anyone

elses.

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