Diabetes Essay, Research Paper

Diabetes

There are three types of diabetes. Type I is called Diabetes

Mellitus. In type I the body stops making insulin or makes small

amounts. Without insulin glucose cannot get into your cells which is

needed to burn for energy. Glucose will collect in the blood. Over time

high levels of glucose in the blood may hurt the eyes, kidney, nerves, or

heart. Type I occurs mostly in people under 30, though it may occur at

any age. The signs may come suddenly and be quite severe. The

symptoms may include frequent urination, constant hunger, constant

thirst, weight loss, weakness, fatigue, edginess, mood changes, nausea,

and vomiting. People with type I have to take insulin.

No one knows for sure why people get type I insulin. Some people

are born with the genes that increase there chances of receiving

diabetes. But many people with the same genes don’t receive diabetes.

It is suggested that another stimuli inside or outside the body triggers

the disease. It is unknown what that stimuli is.

People have a high level of autoantibodies in the blood before

being diagnosed. Antibodies are proteins that the body makes to

destroy germs and viruses. Autoantibodies are antibodies that have

“gone bad”. They attack your bodies own tissues. Autoantibodies may

attack insulin or cells that make insulin.

The second type of diabetes is called Diabetes Insipidus or type II.

In type II the body does not make enough insulin, or the body has

trouble using insulin. People with type II may inject insulin but they do

not depend on it to live. Type II affects mostly people over 40 but it can

affect younger people as well. The symptoms include frequent

urination, constant thirst, constant hunger, weight loss, weakness,

dry-itchy skin, blurred vision, numb hands/feet, fatigue, and infection of

skin gums, bladder or vagina that heal slowly or keeps coming back.

Type II runs in families, being overweight brings it on. It is common

in people who eat too much fat, eat too little carbohydrates and fiber,

and get too little exercise. When a person is overweight the body has a

harder time using the insulin that it makes. Often the term insulin

resistance is used which means that the body does not respond to

insulin as it should.

The third type of diabetes is called Gestational Diabetes. This

form is only a temporary condition that occurs during pregnancy. It will

affect 2-4 percent of pregnancies with an increased chance of

developing diabetes for both the mother and child.

Insulin is a hormone that helps glucose get inside the bodies cells.

We use the glucose for energy. Insulin is made in the pancreas. When

we eat, a lot of the food is broken into sugar. Insulin allows the sugar to

leave the bloodstream and enter you body cells, where it becomes

energy.

There are two sources of insulin, animal and bacteria. Animal

insulin comes from the pancreas of deceased pigs and cows. Bacteria

insulin also know as human insulin is made in a lab. Today more

people use human insulin rather than animal insulin. With animal

insulin people are more likely to cause allergies. Insulin has three

parts, Onset, Peak time, and duration. Onset is the time is takes for

insulin to start working. Peak time is when the insulin is working the

hardest. Duration is how long the insulin will work. Insulin may work

slower in some people then others. Human insulin works faster than

animal insulin.

Insulin cannot be given by mouth because the acids in the stomach

destroy it before it can begin to do its work. Insulin comes dissolved in

liquids, the mixtures come in different strengths. Most people use

U-100 insulin, which means they use 100 units o insulin for millimeter of

fluid. Insulin should be stored at room temperature, extreme

temperatures can destroy insulin.

People who have diabetes can live normal lives if they follow a few guide

lines. Take diabetic pills or insulin if it is needed, insulin lets the cells take in

glucose. Follow a healthy meal plan, and stay physically active. Being active

help the cells to take in glucose. With type II, weight should be monitored

closely. Check the blood glucose regularly and receive check-ups. It is

important to follow these guidelines, if a person with diabetes takes caution they

will live as long as anyone without the disease.