

IDENTIFY THE TYPES OF DIABETES AND THEIR CAUSES

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Abstract. This article talks about those who struggle with diabetes and their various effects on the human body. The article describes two types of diabetes and their causes.

Keywords: glucose, insulin, medicine, nutrition and psychology.

Today, diabetes is becoming a global problem affecting different populations around the world. We know that there are two types of diabetes and they are considered a natural disease. This article is about overcoming diabetes. Understanding the development and origin of the disease in the body is important for everyone suffering from diabetes.

Diabetes mellitus is a disease of the endocrine group, which is associated with a violation of the regular production of glucose and is caused by a relative or absolute deficiency of the hormone insulin. As a result, a sharp increase in blood sugar levels occurs, which leads to hyperglycemia.

Hyperglycemia – “hyper” from the Greek “glykys” sweet “hiima” blood is a higher than normal level of sugar in the blood, that is, more than 120 mg% or 6 mmol / liter. Temporary hyperglycemia is observed in healthy people when they eat a lot of sweets or carbohydrate-rich foods, when they eat a lot of junk food, when they do strenuous physical work, and when they are mentally stressed. Hyperglycemia is the main symptom of diabetes mellitus. It occurs as a result of a malfunction of the endocrine glands, the pancreas. Today, we know that more than 95% of people in every country struggle with both types of diabetes. Type 2 diabetes has become a global issue. Type 1 diabetes is mainly insulin-dependent, and among children and people

under the age of 35, young people with type 1 diabetes are more likely to develop the disease. The reason is that one of our wise scientists, Abu Nasr Farobi, emphasized his opinion that “various diseases arise from eating disorders.” As we have said, type 1 diabetes arises from an unhealthy diet. Therefore, insulin is regularly injected into the tissues. Type 2 diabetes occurs in people over 40 years old who are not insulin-dependent. The main reason is that it is not related to eating habits. Therefore, insulin is not injected into the tissues. Symptomatic secondary diabetes. It occurs due to another disease, that is, a concomitant disease. For example: pancreatic diseases, pancreatitis, gastritis, small intestine ulcers, peptic ulcers, genetic defects, and transmission from parents to offspring. Symptoms of type 1 diabetes are mainly nausea, vomiting and sudden weight loss. In young children, sometimes difficulty urinating at night. The main symptoms of type 2 diabetes are: hair growth on the face and hair loss on the legs, yellowish growths on the body, swelling of the legs and numbness. In type 2 diabetes, osteoporosis and similar joint pains, osteoarthritis, tendon stretching, joint and vertebral degeneration are observed. In symptomatic secondary type, metabolic processes are disrupted.

Early signs of diabetes include frequent urination, excessive drinking, pale tongue, weakness, dehydration, rapid weight gain, persistent sores or bruises, headaches, and weight gain.

All of these are symptoms of type 2 diabetes, which also leads to high blood pressure and several other complications.

Kidney failure - Heart failure and hypertension, blood clotting, partial dysfunction of the brain and nervous system, partial damage to the retina, and nutritional disorders are the causes.

Of course, we know that people with diabetes do not follow a diet and some fruits are not allowed in diabetes. 5-10% of people suffer from type 1 diabetes, according to some researchers, 76.5% of women, 23.5% of men, and in studies conducted in people over 60 years of age, diabetes is detected 7-10 times more often. Researchers have found that when compared with age, the incidence increases from 0.70 per 1000 population aged 15-19 to 0.70 per 1000 population aged 60 years and older. The high prevalence of diabetes and the pathological test for glucose tolerance allow us to attribute age to risk factors. For this reason, according to a number of researchers, 12.83% of people aged 60 years have latent diabetes, 13.6% of the general population have explicit diabetes, and 15.35% of the latent diabetes are detected. Unit of measurement and characteristics of blood sugar levels in relation to age. Up to 1 year old it is 2.8 - 4.4, up to 13 years old it is 3.2 - 5.5, and from 14 to 60 years old it is 3.2 - 5.5 mmol / liter. In overweight people, metformin helps restore the correct response to insulin naturally produced in the human body and naturally maintains sugar levels in a normal range. The food we eat, fruits and vegetables, contain a lot of carbohydrates. Part of the glucose that enters the body with food is absorbed by the cells with the help of insulin. If the human body does not receive food, glucose is formed from glycogen and the accumulated energy reserves serve the human body. If a person is severely stressed and depressed, the accumulated reserves in the body are not broken down into liver muscle cells and fat, and enough energy is not produced. At the same time, when insulin is not distributed, a person begins to feel hungry. Hormones and glands cannot properly regulate their activity, so the food eaten is not digested and the patient loses weight. If this disease is not prevented, if not given enough attention, even small wounds that have been cut and

bruised will not heal if first aid is not provided in time, and bone loss may occur. If the level of glucose in the blood and diabetes are not detected early, a person will not be able to build a sufficient foundation for his life. Each disease is inextricably linked to another disease. It is necessary to carry out sufficient preventive work in the world and prevent the disease from its first signs. In adults, it mainly occurs due to improper diet and eating disorders, but in young people and children it is becoming a genetic disease. To date, several preventive works have been carried out and the disease is being warned against worsening and prevention efforts are being observed. This disease, which has become a pressing problem all over the world, can lead to depression and in some cases even death. With the onset of the disease and the observation of its leading complications, a diet should be followed and monitored by a doctor.

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