

## Complete Information on Diabetes mellitus with Treatment and Prevention

Diabetes mellitus is the blood sugar level is high is unusual chaotic because the body does not produce the enough insulin. Normally, blood glucose levels are tightly controlled by insulin, a hormone produced by the pancreas. Insulin lowers the blood glucose level. When the blood glucose elevates, insulin is released from the pancreas to normalize the glucose level. In patients with diabetes, the absence or insufficient production of insulin causes hyperglycemia. Diabetes is the most significant cause of adult blindness in the non-elderly, the leading cause of non-traumatic amputation in adults, and diabetic nephropathy is the main illness requiring renal dialysis in the united states. Therefore deficiency of insulin or the insensitivity of its receptors plays a central role in all forms of diabetes mellitus.

Severe or recurring pancreatitis and other diseases that directly damage the pancreas can lead to diabetes. As outlined above, in patients with diabetes, the insulin is either absent, relatively insufficient for the body's needs, or not used properly by the body. All of these factors cause elevated levels of blood glucose. People with diabetes may experience many serious, long-term complications. Some of these complications begin within months of the onset of diabetes, although most tend to develop after a few years. Most of the complications are progressive. Elevated levels of blood glucose lead to spillage of glucose into the urine. People with diabetes often develop bacterial and fungal infections, typically of the skin. When the levels of sugar in the blood are high, white blood cells cannot effectively fight infections.

The diabetes can cause a lot of complications. The sharp complications can prevent if the sickness is not sufficiently checked. Diabetes mellitus is characterized by disordered metabolism and inappropriately high blood sugar resulting from either low levels of the hormone insulin or from abnormal resistance to insulin's effects coupled with inadequate levels of insulin secretion to compensate. Diabetes is also an important factor in accelerating the hardening and narrowing of the arteries, leading to strokes, coronary heart disease, and other large blood vessel diseases. This is referred to as macrovascular disease. The characteristic symptoms are excessive urine production, excessive thirst and increased fluid intake, and blurred vision. These symptoms are likely to be absent if the blood sugar is only mildly elevated. Poor healing of wounds, particularly of the feet, can lead to gangrene, which may require amputation.

The diabetes mellitus present is one kind of old disease, has not treated, and the medical service must be essential with emphasis is avoiding the possible short-term as well as long-term with diabetes related problems. Diabetes screening is recommended for many people at various stages of life, and for those with any of several risk factors. The screening test varies according to circumstances and local policy, and may be a random blood glucose test, a fasting blood glucose test or an even more formal glucose tolerance test. Adequate treatment of diabetes, as well as increased emphasis on blood pressure control and lifestyle factors, may improve the risk profile of most aforementioned complications. Another treatment option is the use of the insulin pump with some of the most popular pump brands being: cozmo, animas, medtronic minimed, and omnipod.

### About the Author

Juliet Cohen writes articles for [health care blog](#). She also writes articles for [hairstyles gallery](#).

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