Your Name

Instructor Name

Course Number

Date

Title: Type 2 Diabetes

Diabetes is a disease that occurs as an outcome of high blood glucose also known as blood sugar. Blood glucose, the key source of energy in the human body is the result of food that a person consumes. A hormone known as insulin is made by the pancreas helps the glucose to get into cells by which the human body gets energy. There are 2 types of diabetes. In type 1, the insulin-producing cells are destroyed, leading to a complete lack of insulin. Type 2, which is more common, is caused by low insulin production, failure of cells to respond to insulin or both. Type 2 diabetes is more common in overweight or obese people, but it has a stronger genetic component than type 1. The most common form of diabetes is called type 2, or non-insulin dependent diabetes. IDF report enlisted the US, China, and India where most of the diabetes cases - per person - were witnessed(Palinkas, Barrett-Connor, & Wingard, 1991). Besides, the report shows there are around 24.4 million people in the US living with diabetes. However, the most alarming situation was witnessed in the Pacific Islands where the prevalence rate of diabetes is compared to the country's overall population.

# **Causes of Type 2 Diabetes**

The body condition that is referred to as Type 2 diabetes is the one wherein the blood sugar level is high due to the incapability of cells of making use of insulin in the human body to convert glucose into energy. The insulin production under this type of diabetes, production in the body also decreases substantially. Thus, the patient of diabetes has to inject insulin from an outside source to meet that requirement of their body (Ma, Lin, & Jia, 2014). The innate reasons for this type of diabetes are stress, a pitiable lifestyle, a lack of physical activities such as exercise, and urbanization. for this reason, one can manage the blood sugar level naturally by dealing away with these circumstances, but it is worth mentioning that the right amount of medication is equally imperative. Natural remedies such as changing lifestyle and using natural herbs are also significant in this regard. It is not transferable because it is not a disease but a metabolic disorder (Ma et al.). It cannot be cured but can be managed within limits and minimize the damage to the body. There is a genetic element, yes - but it is not contagious.

# Symptoms of Type 2 Diabetes

One may not notice the early symptoms of type 2 diabetes — frequent urination is one of the more obvious ones. The best way to check for diabetes is to find a nurse or health clinic that can check blood sugar - or get a monitor and check your own blood sugar. If the test (from a finger prick) shows more than 100 when one checks the blood sugar before breakfast, there is a good chance that one has diabetes. (for the US., Canada, it has a different scale).However, generally, chronic fatigue, burning sensation in the palm and feet, weakness are tell-tale signs. One should consult a physician immediately and follow his/her recommendations(Palinkas et al.). Diabetes can be effectively managed and normal, rewarding life is possible.

Type 2 diabetes is a lifetime disease. Once symptoms of diabetes have developed into the illness, the human body will then struggle to modulate the quantity of sugar in the blood flow.

The most important thing is to understand the symptoms of the disease because this would help one – living with diabetes – to limit his/her injury.

The most common early indications of disease revealed by diagnosis are as follows:

* Increased desire
* Dry mouth
* Unexplained weight loss
* Yeast infections
* Frequent urination
* Itchy or dry skin

Even though the indicators of diabetes can start to show early, at times it will take a person a time to recognize the signs. Owing to this it makes it look like signs and symptoms of diabetes to appear unexpectedly. Consequently, it is crucial to pay consideration to an entire body, instead of simply brushing them off. For many people, diabetes will not produce any symptoms until they have a complication from long-standing diabetes-like neuropathy or neuropathology. But for other people, symptoms like polyphagia (eating more), polydipsia (drinking more), and polyuria (increased urination), are the classic first symptoms of diabetes.

# **Treatments/cures**

Type 2 diabetes is a lifestyle disease. Anyone can usually make it go away if the person stops doing what makes the disease even worse. High carbohydrate diets with high fructose corn syrup, processed foods, and junk food, loaves of bread and pasta are the usual culprits. A diet of mainly high fiber vegetables with good fats is inevitable for a diabetic patient. A diabetic person needs a low carb diet with plenty of good fats and checks out intermittent fasting. The medicines are also available to treat type 2 diabetes but their side effects are also a possibility. Thus, using herbs and natural remedies can be of great advantage. (Buse et al.). A maximum difference cab be created by changing the diet habits and patterns. One has to stay away from vegetables like potatoes, beet, sweet potato, etc. Subsequent to diet, physical exercise plays a very imperative function. It is also suggested that jogging for 40 to 60 minutes per day will enhance glucose metabolism. A stress-free lifestyle can also be a great support. Stress is a predictable trigger for this disease. Thus one must practice relaxation techniques such as breathing exercises, for instance, yoga for the betterment of condition.

**Works Cited**

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