Your Name

Instructor Name

Course Number

Date

Complication in diabetic person

**Introduction**

Diabetes is a disease that occurs when the blood glucose level increases in blood or the blood sugar is too high. Also, blood sugar is one of the sources of energy and it is retrieved from the food that is consumed by a human being. The food is converted into sugar with the help of insulin a hormone that is made by pancreases, this glucose is absorbed by cells and used by the body to get energy. Sometimes, the body does not make enough insulin as a result, glucose stays in the blood and it is not absorbed in the body (Singlaet al, pp. 873-881). It is also highlighted that having a large amount of glucose in the blood can lead to health problems, taking into account that diabetes has no cure however there are ways through which it can be managed. According to the American Psychological Association, there are 30.3 million people who suffer from diabetes, about 9.4 people in the United States’ suffer from diabetes. However, about 90-95% of cases in adults are of type II diabetes. There are two types of diabetes type I and type II (Bruce et al. pp. 1452-1456).

**Type I Diabetes**

Patients that suffer from type I diabetes have a body that does not make insulin, which attacks the immune system and destroys the cells preset in pancreases that can make insulin. Type I diabetes can be diagnosed in both young adults at any stage of life.

**Type II Diabetes**

Type II diabetes body does not make insulin well. An individual can develop type II diabetes at any stage of life but the major group of occurrences is middle-aged and older people (Bruce et al. pp. 1452-1456). It is one of the most common types of diabetes.

**Other types of diabetes**

There are other types of diabetes as well, such as monogenetic diabetes, which is also called as an inverted form of diabetes. Gestational diabetes, that develops in some women when they are pregnant. Usually, this type of diabetes occurs after the birth of a baby. Another major type of diabetes is cystic fibrosis-related diabetes (Singlaet al, pp. 873-881).

**Complications**

Every disease has its complications. These complications are either a byproduct of the disease from which a patient is suffering or it is the measure of carelessness because the individual suffers from some disease. There are two major categories of complication, long term, and short term. Both the types of complication go side by side or develop over time. There are a lot of complications associated with diabetes

**Skin Complications**

There are a lot of skin complications that are associated with diabetes. Skin complications can be fungal, bacterial infection or some kind of itching. Other kinds of skin problems that can happen are diabetic dermopathy, diabetic blisters, necrobiosis lipoidica diabeticorum, and eruptive xanthomatosis. Bacterial infection can include, boils and, folliculitis also called the infection of hair, infection around nails and carbuncles which is also called infection of skin and underneath. The fungal infection associated with diabetes is caused by Candida Albicans (McIntyre et al). This infection occurs in warm and moist folds of skin. Diabetic dermopathy is another complication of skin that is the product of diabetes. It can also cause changes in the small blood vessels and these changes can cause skin problems (Kocher et al., pp. 59-97).

**Eye Complications**

Diabetes can also cause eye compositions taking into account that the patients suffering from Type I diabetes are at the greatest risk of eye complications or peripheral neuropathy. Glaucoma is one of the complications that the people suffering from diabetes my face. It occurs when the blood pressure builds up in the eyes and this pressure results in the pinching of the blood vessels that carry blood to optic nerve and retina (Kocher et al., pp. 59-97). As a result of this disorder, complete vision is lost. Cataract is another major complication that is associated with diabetes. The disorders of retina are associated with diabetes such as no proliferative retinopathy. Muscular edema and proliferative retinal-therapy (McIntyre et al).

**Neuropathy**

Neuropathy is another complication that is associated with diabetes, it is also called nerve damage that occurs in almost half of the people who suffer from diabetes. It is most commonly found in those people who have diabetes for a longer period of time and it can further lead to different problems. One of the aspects or features of this type of complication is peripheral neuropathy that can cause pain, tingling, weakness or numbness in the hands and feet. Other types of neuropathy are autonomic empathy, Charcot's joint, cranial neuropathy and compression mononeuropathy. Other major types are focal neuropathy, femoral neuropathy, and thoracic radiculopathy (Chung et al).

**Foot Complications**

There are a lot of foot problems that are a result of complications of diabetes and these problems can get worse with the passage of time. Foot problems are the result of nerve damage which can cause some kind of weakness and pain in the foot. There are a lot of cases in which one has to get its foot cut which can be accompanied by the changes in the shape of the foot and the toes as well. Foot ulcer is also included in the category of complications that are caused by diabetes which is localized under the foot, on the ball of the foot or the bottom of the biggest toe. As a result of ulcer, feet are not able to fit in shoes and patient faces problem in walking, there are a lot of cases in which ulcers do not hurt people. Another condition that is associated with the complication of the foot is poor circulation which can cause the foot less able to fight the infection and recover from it (Singlaet al, pp. 873-881).

**High Blood pressure**

High blood pressure is another condition that is associated with diabetes. It is highlighted that about 1 in 3 American adults have high blood pressure and about 2 out of 3 people have high blood pressure who have to take, medications so as to lower blood pressure. There are different complications associated with high blood pressure. High blood pressure is also one of the major symptoms of diabetes because the amount of sugar in the blood is the causative agent of diabetes (Bruce et al. pp. 1452-1456).

**Kidney Disease**

Kidney disease is also one of the complications of diabetes. It is one of the diseases that is not directly associated with diabetes but it is a side complication to diabetes. Kidneys are the major target of diabetes because blood is filtered through the kidneys and any issues in blood filtration can lead to further issues in the human body. The reason is, a high level of glucose can cause kidneys to filter a large quantity of blood which can put a lot of pressure on the kidneys. As a result, the waste material or waste products can make the kidneys shun their work. There are different effects of this action, such as a shiny in the arm for dialysis (Singlaet al, pp. 873-881).

**Heart Disease**

Heart is one of the most affected organs by diabetes. It is said, diabetes kills from the heart where the majority of patients will end up in having atherosclerosis-related events. High glucose level in the blood can lead to a high cholesterol level as well (Chung et al).

**Stroke**

Stroke is one of the major and common complications that is associated with diabetes. According to research results, average patients suffering from diabetes can suffer from stroke about two to four times. Large amounts of glucose in the body can lead to a large number of fatty deposits and blood clots in the walls of the blood vessels. These clots can cause the blockage and narrowing of the blood vessel which can stop and obstruct the flow of oxygen to the brain, causing a stroke (McIntyre et al).

**Low Testosterone level**

It is a common observation that testosterone is a reproductive hormone and medical sciences have confirmed that if the human body is engaged in other functions that are related to bodily issues reproductive issues will not be given attention (Kocher et al., pp. 59-97).

**Gastroparesis**

Gastroparesis is defined as a condition when there is a slow down or the movement of food is lessened to the small intestine. There are several symptoms of Gastroparesis, such as stomach pain, nausea, feeling full after a few bites and vomiting (Kocher et al., pp. 59-97).

**Sleep Apnea**

Sleep Apnea is a major problem that is associated with patients who are suffering from Type II diabetes, as well as patients who are obese and overweight. It is also highlighted that the treatment of sleep apnea can help people recover from diabetes (Kocher et al., pp. 59-97).

**Hyperosmolar Hyperglycemia Non-ketonic Syndrome**

Hyperosmolar Hyperglycemic Nonketotic Syndrome is a rare syndrome but one should be aware of the techniques through which it can be controlled. This syndrome occurs when the blood glucose level is high and little attention is given to its treatment. It is one of the alarms that should be taken into consideration in the beginning else it may cast a risk to life (Tecilazich et al. pp. 95-104).

**Conclusion**

All these complications are the driving forces that cause serious threats to the lives of people. The point to note is, any consideration or timely attention to these complications can help to overcome larger complications in the long run. It is highlighted that the range of complications varies with the stage of diabetes and the progression towards diabetes.

**Work Cited**

Bruce, MS Praythiesh, and MC Vasantha Mallika. "Prevalence of complications of diabetes among patients with diabetes mellitus attending a tertiary care centre in Tamil Nadu." *International Journal Of Community Medicine And Public Health* 6.4 (2019): 1452-1456.

Chung, Sei Y., et al. "Thyroidectomy complications in patients with diabetes mellitus." *Otolaryngology–Head and Neck Surgery* (2019): 0194599819835793.

Kocher, Thomas, et al. "Periodontal complications of hyperglycemia/diabetes mellitus: Epidemiologic complexity and clinical challenge." *Periodontology 2000* 78.1 (2018): 59-97.

McIntyre, H. David, et al. "Gestational diabetes mellitus." *Nature Reviews Disease Primers* 5.1 (2019): 1-19.

Singla, Rajiv, et al. "Musculoskeletal Complications of Diabetes Mellitus." *The Diabetes Textbook*. Springer, Cham, 2019. 873-881.

Tecilazich, Francesco, and Aristidis Veves. "Role of peripheral neuropathy in the development of foot ulceration and impaired wound healing in diabetes mellitus." *Nutritional and Therapeutic Interventions for Diabetes and Metabolic Syndrome*. Academic Press, 2018. 95-104.