Diabetes

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

Diabetes

Diabetes is a critical disease which occurs when the blood glucose, known a sugar, becomes extremely high. The blood glucose is the primary constituent of energy and is produced from the food. A hormone which is made by pancreas called insulin assists glucose from the food and exploits it by converting into energy. At times, the body struggles to produce an essential amount of insulin for energy. The presence of an excessive amount of glucose can cast adverse impacts on the body. The disease is incurable, however, steps can be taken to stay healthy and manage diabetes. Diabetes is often called borderline diabetes or a touch of sugar. Moreover, there exist several kinds as type 1, type 2 and gestational diabetes.

In type 1 diabetes, the body fails to produce the necessary amount of insulin. The immune system destroys the fundamental cells in the pancreas which are responsible for producing insulin. Primarily, young adults and children are diagnosed with type 1 but it can affect people from several age groups. The type 2 diabetes is a condition which can be established even in early childhood(“Diabetes Symptoms: American Diabetes Association®,” n.d.). It is commonly found in the older and middle-aged people. Gestational diabetes establishes in several women during their pregnancy. However, diabetes fades after the birth of the baby. A critical appraisal of the matter reveals that those who established gestational diabetes were at an increased risk of developing type 2 diabetes in the later stages of life. The other kinds of diabetes comprise monogenic diabetes that is essentially an inherited kind of diabetes.

In addition, the menace of diabetes is pervasive throughout the world. As per a report published in 2015, 9.4 population or 30.2 million people in the United States of America (USA) had diabetes (“International Diabetes Federation - What is diabetes,” n.d.). The most detrimental aspect is that 1 in the 4 affected persons was unaware of having established diabetes. Those above 45 years are greatly vulnerable to establishing type 2 diabetes with a family history (“Diabetes - Diagnosis and treatment - Mayo Clinic,” n.d.). High blood pressure, physical inactivity and other factors critically increase the likelihood of establishing the type 2 diabetes.

Besides, diabetes can cause people to suffer from detrimental health consequences. Some of the prominent aspects are the stroke, heart disease, eye problems, nerve damage, kidney disease and foot problems. Moreover, symptoms can also be identified. Some of the common symptoms comprise increased hunger, urination and thirst, fatigue, sores which do not heal, tumbling in the hands or feet and fatigue. It is essential to highlight the role of Genesis. Genesis plays an instrumental role and is manifested in the widespread occurrence of diabetes in American Indians, African Americans, Hispanics and Asians(“Symptoms & Causes of Diabetes | NIDDK,” n.d.). Hormonal diseases also cast a significant impact. Several hormonal diseases cause the body to produce an excessive amount of specific hormones that cause diabetes and insulin resistance. However, certain medicines can affect the beta cells or disrupt the manner insulin works. Some of these medicines include anti-seizure and psychiatric drugs, drugs that treat immunodeficiency virus and anti-rejection medicines which assist to stop the flow of a transplanted organ from the body(“Symptoms, Diagnosis and Monitoring of Diabetes | American Heart Association,” n.d.).

To conclude, diabetes is a pervasive disease established by different ages of people and causes several deaths across the world. It can adversely impact the whole body. Two-thirds of adults with diabetes suffer from hypertension or high blood pressure. There exist three prominent kinds of diabetes listed as type 1, type 2 and type 3. Many people are unaware that they have established the disease and thus suffer from grave consequences.

References

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