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Diabetes chronic complications pdf

URL of this page: also called: Diabetic complications If you have diabetes, blood glucose levels, or blood sugar, levels are too high. Glucose comes from the foods you eat. The hormone insulin helps glucose get into cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, your body does not or use insulin well. Without enough insulin, glucose remains in the blood. What health problems can diabetes cause? Over time, having too much glucose in the blood can cause complications, including eye disease, due to changes in fluid levels, swelling in the tissues, and damage to blood vessels in the eyes of the foot problems caused by nerve damage and reduced blood flow to your feet of gum disease and other dental problems because large amounts of blood sugar in the saliva helps harmful bacteria grow in the mouth. Bacteria are combined with food to form a soft, sticky film called a biofilm. The plaque also comes from eating foods that contain sugar or starch. Some types of plaques cause gum disease and bad breath. Other types cause tooth decay and tooth decay. Heart and stroke diseases caused by damage to blood vessels and nerves that control your heart and blood vessels are kidney disease, due to damage to blood vessels in the kidneys. Many people with diabetes develop high blood pressure. It can also damage the kidneys. Nervous problems (diabetic neuropathy), caused by damage to nerves and small blood vessels that feed the nerves with oxygen and nutrients, are caused by nerve damage and reduced blood flow in the genitals and bladder skin conditions, some of which are caused by changes in small blood vessels and reduced blood circulation. People with diabetes are also more likely to have infections, including skin infections. What other problems can people with diabetes have? If you have diabetes, you should keep an eye on blood sugar levels that are very high (hyperglycemia) or very low (hypoglycemia). This can happen quickly and can become dangerous. Some of the causes include the presence of another disease or infection and some medication. They can also happen if you don't get the right amount of diabetes medication. To try to prevent these problems, make sure to take diabetes medication correctly, follow a diabetic diet, and check your blood sugar regularly. NIH: National Institute of Diabetes and Digestive and Kidney Diseases: Glossary of Terms (Centers for Disease Control and Prevention) Diabetes is a serious disease. After your diabetes plan, you make a round-the-clock commitment. But your efforts are worth it. Careful care for diabetes can reduce the risk of serious, even life-threatening complications. Here are 10 ways to take an active role in diabetes care and enjoy a healthier future. 1. Make a commitment to managing diabetes. Members of your diabetes treatment or primary health care, diabetes nurse educator, and nutritionist, for example, can help you learn the basics of diabetes treatment and offer support along the way. But it's up to you to manage your fortune. Find out everything you can about diabetes. Make healthy eating and physical activity a part of your daily life. Maintain a healthy weight. Keep an eye on your blood sugar and follow your doctor's instructions on how to manage your blood sugar. Take your medication as prescribed by your doctor. Ask your diabetes team for help when you need it. 2. Do not smoke. Smoking increases the risk of type 2 diabetes and the risk of various complications of diabetes, including: Reduced blood flow in the legs and feet, which can lead to infections, ulcers and possible removal of part of the body surgically (amputation) Heart disease, which can lead to blindness Nerve damage Kidney disease Premature death Talk on how to help you quit smoking or other types of tobacco. Keep your blood pressure and cholesterol under control. As diabetes, high blood pressure can damage blood vessels. High cholesterol is a problem, too, since the damage is often worse and faster when you have diabetes. When these conditions are combined, they can lead to a heart attack, stroke or other life-threatening conditions. Eating a healthy, low-fat diet and regular exercise can have a lot to do with controlling high blood pressure and cholesterol. Your doctor may also recommend taking prescription drugs if necessary. Schedule regular physical and eye exams with two to four diabetes exams per year, in addition to your annual physical and regular eye exams. During physical, your doctor will ask about your diet and activity level and look for any diabetes-related complications, including signs of kidney damage, nerve damage and heart disease, as well as a screen for other medical problems. An eye care specialist will check for signs of damage to the retina, cataracts and glaucoma. 5. Keep your vaccines up to date with Diabetes making it more likely you will get certain diseases. Conventional vaccines can help prevent them. Ask your doctor about: The flu vaccine. An annual flu vaccine can help you stay healthy during the flu season and also prevent serious complications from the flu. The pneumonia vaccine. Sometimes a pneumonia vaccine requires only one shot. If you have diabetes complications or you are 65 years of age or older, you may need a booster shot. The Hepatitis B Vaccine is recommended for adults with diabetes who have not previously received the vaccine and are under 60 years of age. If you are 60 years old and have not received a hepatitis B vaccine, talk to your doctor about whether it is right for you. Other vaccines. Be aware of your tetanus (usually given every 10 years). Your doctor may recommend other vaccines as well. Take care of your teeth. Diabetes can leave you prone to gum infections. Brush your teeth at least twice a day using toothpaste, floss once a day and plan dental check-ups at least twice a year. Call your dentist if your gums are bleeding or look red or swollen. 7. Note your feet. High blood sugar levels can reduce blood flow and damage nerves in your legs. Left untreated, cuts and blisters can lead to serious infections. Diabetes can lead to pain, tingling or loss of sensitivity in the legs. Type 2 diabetes is a chronic disease in which blood sugar (glucose) is excessively high. Symptoms vary, but may include excessive hunger or thirst, frequent urination, extreme fatigue, neuropathy (nervous polishing), and blurred vision. Although they may seem vague the sooner you will notice them better, since serious complications can occur when type 2 diabetes goes undiagnosed and treated. More than 30 million people in the U.S. have been diagnosed with type 2 diabetes. However, almost 24% (approximately 7.2 million people) of people with the disease are undiagnosed. So it's important to be aware of the symptoms, especially if you are: There are over 45 million people who have been diagnosed with prediabetes. They are being overweight and/or inactive. Are African Americans, Alaska Natives, Americans, Asian Americans, Hispanics, or Pacific American Islanders and experiencing atypical symptoms of the most common symptoms of type 2 diabetes can give you a boost at noticing any. So you can see your attending physician as soon as possible. Very good polyuria (excessive urination) Polyuria is an increase in the frequency of urination. If you have abnormally high blood glucose levels, your kidneys draw water from your tissues to dilute glucose so that your body can get rid of it through urine. Your cells will also pump fluid into the bloodstream to help get rid of sugar; the kidneys are unable to reabsorb this fluid during filtration, which leads to excessive urination. To meet the clinical definition of polyuria, urine production in an adult must exceed 2.5 liters per day (normal urine volume is 1.5 liters per day). Notice if you visit the toilet much more often than usual and if you stay there longer when you do. Excessive thirst usually goes hand in hand with increased urination. As the body pulls water out of the tissues to dilute the blood and get rid of excess glucose, the desire to drink increases. Many people describe this thirst as unquenchable. To stay hydrated, you may feel the urge to drink excessive amounts of fluids. If these liquids contain simple sugars (such as soda, sweet iced tea, lemonade, or juice, for example) your glucose levels will rise even higher. Extreme fatigue Your body as it needs fuel to work. The main source of fuel in the body is glucose, which is broken down into foods containing carbohydrates. Insulin, a hormone produced by the beta cells of the pancreas, moves glucose from the blood to the cells for use over the energy. If you have diabetes, either the pancreas does not make enough insulin or insulin that your body does not use the way it should be used, usually because the cells become resistant to it. Result: Your cells become devoid of glucose and you experience a lack of energy and extreme fatigue. Polyphagia (excessive hunger) Excessive hunger correlates with fatigue and cellular hunger. Because the cells are resistant to insulin, glucose remains in the blood. Cells are then unable to gain access to glucose, which can trigger the release of hormones that tell the brain that you are hungry. Excessive eating can complicate things further by causing blood sugar levels to increase. Neuropathy (Nerve Tingling) Numbness, tingling, or feeling pins and needles in the hands or feet, is caused by type 2 diabetes called diabetic neuropathy. This symptom tends to gradually develop over time as excess sugar damages the nerves. Keeping glucose levels within the normal range can help prevent further damage and reduce symptoms. People with severe neuropathy may need medication. Cuts and bruises that are slow to heal When the blood is thick with sugar, it cannot move so freely throughout the body. Healing requires adequate circulation: poor circulation can fade for blood to reach the affected areas, slowing down the healing process. A cut or bruise that slowly improves can be a sign of high blood sugar levels. Vision Blurred's blurred vision may be the result of elevated blood sugar levels. Similarly, a liquid that is pulled from cells into the bloodstream to dilute glucose can also be pulled from eye lenses, causing them to become excessively dry and unable to concentrate. It is important to have an extended eye exam shortly after being diagnosed with type 2 diabetes. Eye damage can occur even before a diagnosis of diabetes exists. While the less common symptoms of type 2 diabetes are not experienced by everyone, they can signal the disease and are worth knowing. Dry mouth (a sign of dehydration that may be the result of increased urination) It is a measure of high insulin and is most commonly seen in African Americans. Unexplained weight loss (usually associated with type 1 diabetes, but it can also occur with type 2 diabetes when there is insulin deficiency) Erectile dysfunction (after years of high blood sugar) Complications of diabetes develop slowly but can become serious if the condition is not treated. 10 years: Stroke High blood pressure Coronary artery disease Foot problems caused by insufficient blood flow and nerve damage, sometimes severe enough to justify amputation Eye damage Damage (nephropathy) Symptoms of type 2 diabetes may occur gradually, but they should not be ignored. If you start noticing any of them, make an appointment with your primary care physician as soon as possible. If you are diagnosed with type 2 diabetes, they can connect you with a certified diabetes educator and provide guidance for getting diabetes self-administered education. You can also get this help from the Association of Diabetes Care and Education Professionals. These services are often covered by insurance; check the service provider for details of your plan. Both very high blood sugar, or hyperglycemia, and very low blood sugar, or hypoglycemia, can be considered a medical emergency. If diabetes is not treated and blood glucose levels become too high, serious complications may occur such as hyperglycemic hyperosmolar nonketotic syndrome (HHNS), sometimes referred to as diabetic coma, or diabetic ketoacidosis. Get urgent medical attention if you experience any symptoms. Related to Hyperglycemia: Extreme thirst For urination Warne, dry skin that does not sweat High fever (more than 101 degrees Fahrenheit) Sleepiness or confusion Loss of vision OHallucinations Weakness on one side of the body If blood sugar dips too low, you can experience any or all of the following: Dizziness Shaking Headling Head The diagnosis of diabetes can be alarming, especially given that it is a disease that needs to be treated daily. However, it is manageable and any steps you need to take will become second nature. Learning everything you can about the condition will help as well. For some people, lifestyle changes such as weight loss, healthy eating, and exercise can actually get blood sugar levels below the diabetes threshold. You can control your diabetes and don't let it control you. You.

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