

### Causes of Diabetes

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#### ABSTRACT

The article suggests the causes of diabetes mellitus and various dietary diets in the course of treatment, which have not been covered anywhere else.

**Heredity.** Very often, parents who have diabetes mellitus give birth to children with the same disease, which manifests itself immediately after birth or after many years 20-30 and even 50 years

#### Binge eating

- Eating a large amount of sugar carbohydrates, flour products
- Overweight
- Inactive lifestyle
- Violation of metabolic processes
- Obesity
- Disease of the pancreas

#### Types of Diabetes

- ✓ Type 1 Diabetes
- ✓ Type 2 Diabetes
- ✓ Type 3 Gistical or Pregnancy Diabetes

**Type 1 Diabetes** Decrease or Absence of Pancreatic Insulin. It develops especially at a young age. Cause the occurrence of this type of diabetes is the destruction of endocrine cells of the pancreas gland that produces insulin.

Most often this occurs due to a malfunction of the immune system, which begins to synthesize antibodies directed against pancreatic cells, leading them to death. Due to what the body develops a deficiency of insulin and there is a need for this hormone.

- 1. Type 2 diabetes** can occur in people with extremely high production of **acromegaly**, the growth hormone, and in patients with tumors. Recurrent pancreatitis high levels of corticosteroids or pregnancy and other diseases affecting the pancreas can also lead to diabetes.

**symptoms** of both diabetes are very similar. The symptoms are elevated blood glucose levels.

### **Symptoms of type 2 diabetes**

Deterioration of blurred vision

Fatigue Sleepiness

Nausea

Onemiya

Slow wound healing

Frequent urination

### **Gestational diabetes or gestational diabetes**

It is already clear that this type of diabetes occurs in Pregnancy time. The diagnosis is established with a slight increase in blood sugar. For the treatment of gestational diabetes in most cases, it is enough to follow diets, but if

if you can't cope with high blood sugar levels, then insulin is added to the diet. But only drugs should not be taken during pregnancy.

**Diabetes mellitus and polycystic ovary syndrome. PCOS** is one of the common causes of menstrual irregularities (8 menstruations per year) and endocrinological infertility.

### **The danger of polycystic ovaries.**

Infertility

Increased risk of developing diabetes as a disease of the heart and blood vessels

Hirsutism, acne, baldness

Weight gain 50-70% in women

**Diagnosis in diabetes mellitus** may experience the following changes.

Skin, mucous membranes constantly itch and itch.

There is an unpleasant dryness of the mouth.

There is a feeling of muscle weakness.

Constant headache.

visual disturbances.

Frequent and prolonged inflammation and wounds heal slowly even with treatment.

The appearance of acetone in the urine.

### **Diagnosis In violation of glucose metabolism .**

Determine the level of glucose in the blood.

Glucose tolerant research .

Determination of hemoglobin .

Examination of urine for the presence of acetone and glucose, as well as determining their level.

Determination of the level of insulin in the blood.

Analysis for C -septide .

Analysis for Leptin

Determination of antibodies to beta cells of the pancreas.

### **Symptoms of polycystic ovaries**

Signs of the onset of PCOS are not well understood. Risk factors are inflammatory diseases of the reproductive system as well as prolonged stress, trauma

Frequent clinical manifestations

Hair growth by mzh . type on the chest, back of the abdomen also on the chin

Obesity occurs in 40% of patients

Acne, seborrhea

Violation of the menstrual cycle is unnecessarily long or short term.

Violation of the menstrual cycle can lead to infertility due to the lack of ovulation.

60% polycystic ovaries, hyperandrogenism , anovulation occur

### **Diagnostics**

Survey - collection of complaints about the heredity of ovarian palpation

Ultrasound of the small pelvis

Laboratory studies for hormones - prolactin serum testosterone

Blood sugar test

Determination of the amount of cholesterol, lipoproteins

They also perform MRI and ultrasound of the thyroid gland.

### **TREATMENT OF PCOS**

Recommended weight loss performance of various physical exercises. They will help improve the regularity of the menstrual cycle, increase insulin sensitivity and reduce acanthosis nigricans and hirsutism.

However, weight loss in normal weight women will not always benefit PCOS.

### **Nutrition for diabetes**

**Allowed products *NEW MENU not yet recommended anywhere* :**

whole grain rye protein bran bread 300g per day

Low-fat varieties of poultry fish meat

Soups - vegetable and meat

Fruits and berries only sweet and sour varieties

Juices from fruits and berries

**Cereals** - various whole grains, buckwheat, pearl barley, millet, oats, quinoa

**Vegetables** - most often pumpkin, tomatoes, cucumbers, Jerusalem artichoke, sweet peppers,

eggplant, greens, sorrel, all types of cabbage, ginger, legumes and sweet root vegetables (captopfel, carrots, beets) only by restriction

**Pasta and** various flour products with a restriction, if possible, it is better to refuse

**Fats** - ghee, natural butter, hemp and linseed oil are recommended to be added directly to ready meals before serving

**Berry fruits** - apricot, orange, watermelon, apple,

Red and black currant, mango, tangerine, lingonberry, avocado, raspberry, sea buckthorn, papaya,

Kiwi, rosehip, persimmon and others, except for those prohibited - banana, grapes, pear, as they contain a lot of glucose (sugar)

**Low-fat varieties of fish** - anchovies, catfish,

Cod, haddock, halibut, flounder and hake.

**Meat and poultry** - turkey, rabbit, chicken, veal, lean beef

**Eggs** - preferably use 1-2 pcs

**Drinks and tea** - medicinal fruits, (rose hips, sea buckthorn, dried blueberries, chamomile, mint) fresh cucumber, green tea with cranberries, detox water with lemon, mint, compotes with uzvara, tea, vegetable juices from unsweetened berries and fruit.

**Most often you need to play sports** with diabetes. With regular and physical activity, energy consumption increases, which means that fat begins to be burned and weight is reduced. Regular and physical activity increases the sensitivity of cells to insulin and this is one of the main defects in type 2 diabetes.

What kind of sports is prohibited for diabetics.

These include sprinting, strength training, rock climbing, skydiving, and so on. Also, for people on insulin therapy, sharp jumps in blood glucose levels can be dangerous. And yet, many people with diabetes are successful in sports.

### **Prohibited Products.**

Fatty meats and fish.

Strong broths of smoked, fried, sweet, rich, salty, pickled foods.

Semi-finished products, most sausages, fish caviar and fast food dishes

**Conclusion:** We have presented a menu for the prevention of diabetes, which has not yet been presented anywhere. In our article, we suggested the causes of diabetes and dietary diets in the treatment process, which were not covered anywhere else. This menu features high and rare earth minerals

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