

The Main Causes of Diabetes

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ABSTRACT

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

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

Binge eating

- Eating large amounts of carbohydrates, sugar, flour products
- Overweight
- Inactive lifestyle
- Metabolic disorder
- Obesity
- Pancreatic disease

Types of Diabetes

- Type 1 Diabetes
- Type 2 Diabetes
- Type 3 Gestational Or Diabetes Mellitus in Pregnancy

1. **Type 1 Diabetes Mellitus** Reduced or Lack of Pancreatic Insulin. Develops especially at a young age. The cause of this type of diabetes is the destruction of endocrine cells of the pancreas glands that produce insulin.

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

2. Type 2 diabetes mellitus can occur in people with extremely increased production of acromegaly-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.

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

Symptoms of type 2 diabetes mellitus

Deterioration of blurred vision

Fatigue Drowsiness

Nausea

Numbness

Slow wound healing

Frequent urination

Gestational diabetes or pregnancy diabetes

It is already clear that this type of diabetes occurs during

Pregnancy time. The diagnosis is established

with a slight increase in blood sugar. To treat diabetes in pregnant women, in most cases it is enough to follow a diet, but if

If you cannot cope with high blood sugar levels, insulin is added to your diet.

But you should not take medications during pregnancy.

Diabetes mellitus and polycystic ovary syndrome. PCOS is a disease that is one of the common causes of menstrual irregularities (8 menstruation per year) and endocrinological infertility.

The dangers of polycystic ovaries.

Infertility

The risk of developing diabetes mellitus as a disease of the heart and blood vessels increases

Hirsutism, acne, baldness

Weight increase 50-70% in women

Diagnosis of diabetes mellitus may cause the following changes.

The skin and mucous membranes constantly itch and itch.

An unpleasant dry mouth appears.

Muscle weakness is felt.

Constant headache.

Visual impairment.

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

The appearance of acetone in the urine.

Diagnostics In case of impaired glucose metabolism.

Blood glucose levels are determined.

Glucose tolerance study.

Determination of hemoglobin.

Examination of urine for the presence of acetone and glucose and determination of their levels.

Determination of insulin levels in the blood.

Analysis for C-septide.

Leptin test

Determination of antibodies to pancreatic beta cells.

Symptoms of Polycystic Ovarian Syndrome

The signs of PCOS are not well understood. Risk factors include inflammatory diseases of the reproductive system, long-term stress, trauma

Frequent clinical manifestations

Hair growth for men type on the chest, back of the abdomen and also on the chin

Obesity occurs in 40% of patients

Acne, seborrhea

Irregularities in the menstrual cycle are excessively long or short.

Irregularities in the menstrual cycle can lead to infertility due to lack of ovulation. 60% polycystic ovary syndrome, hyperandrogenism, anovulation occurs

Diagnostics

Survey - collection of complaints about the heredity of ovarian palpatia

Pelvic ultrasound

Laboratory tests for hormones - prolactin, serum testosterone

Blood sugar test

Determination of the amount of cholesterol, lipoproteins

MRI and ultrasound of the thyroid gland are also performed.

TREATMENTS FOR PCOS

It is recommended to lose weight and perform various physical exercises. They will help increase menstrual cycle regularity increase insulin sensitivity and reduce acanthosis nigricans and hirsutism. However, weight loss for normal-weight women may not always benefit PCOS patients.

Nutrition for diabetes mellitus

Allowed products NEW MENU are not recommended anywhere yet:

Whole grain rye protein bran bread 300g per day

Low-fat poultry fish meats

Soups – vegetable and meat

Fruits and berries only sweet and sour varieties

Juices from fruits and berries

Cereals - various whole grain cereals, buckwheat, pearl barley, millet, rolled 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 limitation

Pasta and various flour products with restrictions are best avoided if possible. Fats - ghee, natural butter, hemp and flaxseed oil are recommended to be added directly to prepared dishes before serving.

Berries - apricot, orange, watermelon, apple,

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

Kiwi, rosehip, persimmon and others with the exception that is 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 1-2 pieces

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 exercise if you have diabetes. With regular and physical activity, energy consumption increases, which means that fat begins to be burned and weight decreases. Regular and physical activity increases the sensitivity of cells to insulin, which is one of the main defects in type 2 diabetes. What sports should you not engage in if you have diabetes?

These include sprinting, strength exercises, rock climbing, parachute jumping and so on. Also, sudden jumps in blood glucose levels can be dangerous for people on insulin therapy. And yet, many people with diabetes successfully exercise.

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 presented a menu for the prevention of diabetes mellitus, which has not yet been presented anywhere. Our article suggested the causes of diabetes mellitus and diets during treatment, which have not been covered anywhere else. This menu features high and rare earth minerals

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