

Prevention of diabetes: Types and Strategies for healthy life

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Description

Diabetes, a chronic metabolic disorder characterized by elevated blood sugar levels, affects millions of people worldwide and can lead to serious health complications if left untreated. However, the good news is that type 2 diabetes, the most common form of diabetes, is largely preventable through lifestyle modifications and healthy habits.

Diabetes occurs when the body either does not produce enough insulin or cannot effectively use the insulin it produces. Insulin is a hormone that helps regulate blood sugar levels and facilitates the uptake of glucose by cells for energy. Without proper insulin function, blood sugar levels can become elevated, leading to various health problems.

■ Types of diabetes

Type 1 diabetes: This type of diabetes is an autoimmune condition in which the immune system attacks and destroys the insulin-producing cells in the pancreas. It typically develops during childhood or adolescence and requires lifelong insulin therapy.

Type 2 diabetes: Type 2 diabetes is characterized by insulin resistance, where the body's cells become resistant to the effects of insulin. It is closely linked to lifestyle factors such as obesity, physical inactivity, and poor dietary habits.

■ Prevention strategies

- Obesity is one of the most significant risk

factors for type 2 diabetes. Losing excess weight and maintaining a healthy body weight can significantly reduce the risk of developing diabetes.

- Aim for a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit intake of processed foods, sugary beverages, and high-calorie snacks.
- Practice portion control and mindful eating to avoid overeating and promote satiety.

Stay active: Regular physical activity plays a crucial role in diabetes prevention by improving insulin sensitivity and helping to maintain a healthy weight.

Aim for at least 150 minutes of moderate-intensity aerobic exercise, such as brisk walking, cycling, or swimming, each week.

Incorporate strength training exercises into routine to build muscle mass and further enhance insulin sensitivity.

Make healthy food choices: Choose nutrient-dense foods that provide essential vitamins, minerals, and fiber without excess calories or added sugars.

Opt for whole grains such as brown rice, quinoa, oats, and whole wheat bread over refined grains.

Include a variety of colorful fruits and vegetables in the diet, as they are rich in antioxidants and other beneficial nutrients.

Limit intake of sugary beverages, processed



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foods, and high-fat, high-sodium snacks.

If anyone is at risk of developing diabetes due to family history, obesity, or other factors, consider regular monitoring of the blood sugar levels. Early detection of prediabetes, a condition characterized by elevated blood sugar levels that are not yet in the diabetic range, allows for timely intervention and lifestyle modifications to prevent progression to diabetes. Schedule regular visits with healthcare provider for preventive screenings and assessments of the overall health.

Healthcare provider can help assess the risk of developing diabetes based on factors such as age, family history, weight, and lifestyle habits,

and provide personalized recommendations for prevention.

Preventing diabetes requires a proactive approach that emphasizes healthy lifestyle habits, including maintaining a healthy weight, staying physically active, making nutritious food choices, monitoring blood sugar levels, and getting regular check-ups. By taking charge of one's health and adopting these preventive strategies, one can significantly reduce the risk of developing diabetes and enjoy a healthier, more fulfilling life. Remember that prevention is always better than cure, and small changes can make a big difference in the long-term health outcomes.