

Management of type 2 diabetes: Potential strategies for a healthier life

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Description

Type 2 diabetes is a chronic condition characterized by high levels of blood sugar resulting from the body's inability to effectively use insulin. It affects millions of people worldwide and can lead to serious complications if left untreated or poorly managed. However, with the right strategies and lifestyle changes, individuals can effectively manage their condition and lead fulfilling lives. This article discusses about various aspects of managing type 2 diabetes, including lifestyle modifications, medication, and the importance of regular monitoring.

The three major goals of managing type 2 diabetes are keeping blood glucose levels within the normal range, reducing other cardiovascular risk factors, and changing one's lifestyle. When combined with education, self-monitoring of blood glucose can be beneficial for individuals with recently diagnosed type 2 diabetes. However, the usefulness of self-monitoring for those who do not take multi-dose insulin remains debatable.

Type 2 diabetes occurs when the body becomes resistant to insulin or doesn't produce enough insulin to maintain normal blood sugar levels. Risk factors for type 2 diabetes include obesity, sedentary lifestyle, genetics, and age. Early symptoms may include increased thirst, frequent urination, fatigue, and blurred vision.

■ Lifestyle modifications

Diet: A healthy diet is essential for managing type

2 diabetes. Focus on whole foods such as fruits, vegetables, lean proteins, and whole grains. Limit intake of sugary beverages, processed foods, and high-carbohydrate meals.

Exercise: Regular physical activity helps lower blood sugar levels and improves insulin sensitivity. Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or cycling.

Weight management: Losing excess weight, especially around the abdomen, can significantly improve blood sugar control and reduce the risk of complications.

■ Medication and treatment

Oral medications: In addition to lifestyle modifications, many individuals with type 2 diabetes may require oral medications to help lower blood sugar levels. These medications work by various mechanisms, such as increasing insulin production or improving insulin sensitivity.

Insulin therapy: Some people with type 2 diabetes may eventually need insulin therapy to manage their condition. Insulin can be administered *via* injections or insulin pumps and is typically prescribed when oral medications are no longer effective.

Regular monitoring of blood sugar levels is essential for managing type 2 diabetes effectively. This helps individuals understand how their lifestyle choices and medications affect their blood sugar levels and allows for timely adjustments to treatment plans. Self-monitoring



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devices such as glucometers provide quick and accurate readings of blood sugar levels at home.

Regular visits to healthcare providers are crucial for monitoring the progression of type 2 diabetes and assessing the effectiveness of treatment. Healthcare providers may also screen for complications such as diabetic neuropathy, retinopathy, and kidney disease, which can occur if blood sugar levels are not adequately controlled.

Managing type 2 diabetes requires a comprehensive approach that includes lifestyle modifications, medication, regular monitoring, and ongoing support from healthcare providers. By adopting healthy habits, staying vigilant about blood sugar levels, and adhering to prescribed treatments, individuals with type 2 diabetes can live full and active lives while minimizing the risk of complications. Remember, small changes can lead to significant improvements in overall health and well-being.