

## Short note on type 2 diabetes

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### Description

Type 2 diabetes is a chronic illness that prevents body from properly utilising insulin. Insulin resistance is a term used to describe the condition of people with type 2 diabetes. Insulin is a hormone produced by pancreas that functions as a key to allow blood sugar into your body's cells for energy utilisation. Insulin resistance occurs when cells in people with type 2 diabetes do not respond appropriately to insulin. To get cells to respond, pancreas produces more insulin. When the body pancreas can no longer keep up, blood sugar levels rise, triggering prediabetes and type 2 diabetes.

High blood sugar is damaging to the body and can cause other serious health problems, such as heart disease, vision loss, and kidney disease. Type 2 diabetes symptoms often develop over several years and can go on for a long time without being noticed (sometimes there aren't any noticeable symptoms at all). Because symptoms can be hard to spot, it's important to know the risk factors and to see doctor to get blood sugar tested if the body have any of them.

#### ■ Treatment

In some cases, lifestyle changes are enough to keep type 2 diabetes under control. If not, there are several medications that may help. Some of these medications include:

- Metformin
- Sulfonylureas
- Meglitinides
- Thiazolidinediones

#### ■ Managing diabetes

Health care team (including your primary care

doctor, foot doctor, dentist, eye doctor, registered dietitian nutritionist, diabetes educator, and pharmacist), family, and other critical people in person life help to manage diabetes. Diabetes control can be challenging, but whatever the patient can do to improve body health is worthwhile.

To assist manage blood sugar and minimise complications, doctor may prescribe insulin, other injectable treatments, or oral diabetic medicines. And need to eat healthy and stay active if the patient on insulin or other drugs. It's also crucial to keep body blood pressure and cholesterol levels within doctor's recommended ranges, as well as to get the necessary screening tests.

And need to monitor body blood sugar levels on a frequent basis. Inquire with doctor about how often should check body blood sugar and what target levels should be. Diabetes-related problems can be avoided or delayed if body blood sugar levels are kept as close to target as feasible.

Stress is a natural part of life, but it can make diabetes management more difficult, including controlling blood sugar levels and dealing with day-to-day diabetes care. Physical activity, enough sleep, and relaxation exercises can all assist. Discuss these and other stress management options with doctor and diabetes educator. Make regular consultations with health-care team to ensure that the person or patient following treatment plan and, if necessary, to receive assistance with new ideas and techniques.

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