

Diabetes

Types of Diabetes:

A: (Insulin-dependent) Diabetes Type I: 5 to 10% of diabetic patients have type 1 diabetes. This diabetes has an abrupt onset and begins before the age of 30. Insulin is required to control blood glucose levels.



B: Non-insulin-dependent Diabetes Type II: Approximately 90 to 95% of diabetics have type 2 diabetes. It often occurs in people over 30 years of age and in obese individuals.

C: Gestational Diabetes Mellitus: Accounts for 90-95% of all cases of diabetes. This type of diabetes occurs in the second or third trimester of pregnancy. It occurs in women aged 25 or older, obese women under 25, those with a family history of diabetes, or individuals of a particular ethnicity. This diabetes increases the risk of pregnancy hypertension.

Clinical Manifestations:

- Polyuria (excessive urination)
- Polydipsia (excessive thirst)
- Polyphagia (excessive eating)
- Fatigue and weakness
- Sudden changes in vision
- Tingling or numbness in the hands and feet
- Dry skin
- Slow wound healing
- Recurrent infections

Long-term Complications:

- Eye involvement
- Peripheral neuropathy
- Vascular diseases

Treatment Measures:

Main Treatment for Type 1 Diabetes: Insulin

Main Treatment for Type 2 Diabetes: Weight loss and dietary modification

In general, there are five main components of diabetes treatment:

1. Nutrition
2. Exercise
3. Monitoring and care
4. Drug therapy
5. Self-care education

Remember, the best dietary treatment involves the appropriate use of sugar, starch, fat, and protein. Fiber intake is also recommended. Diabetic patients should only exercise when their blood sugar levels are near normal. When a person engages in strenuous exercise, the liver releases more blood sugar, which itself can cause an increase in blood sugar. There is also a risk of sudden drops in blood pressure and blood sugar. Therefore, always carry 2 sugar cubes, a chocolate bar, or some sugar with you.

Dietary Therapy Goals in Diabetic Patients:

1. Maintain blood sugar levels within the normal range
2. Regulate blood lipid levels
3. Provide the patient with the required energy
4. Prevent and treat acute problems caused by insulin therapy, such as hypoglycemia
5. Prevent and treat complications of diabetes, such as kidney disease
6. Improve overall health by creating optimal nutritional conditions

General Recommendations for Diabetic Patients:

1. See a cardiologist and ophthalmologist once a year for an examination
2. Be sure to see your doctor at least once a month
3. Always measure your blood sugar levels
4. Take your medications exactly as prescribed by your doctor
5. Consult a nutritionist and dietitian
6. It is best to purchase a blood glucose monitoring device for yourself
7. Avoid eating ready-made foods such as sausages, chips, biscuits, pastries, jam, ice cream, canned foods, head and trotters, sweetbreads, kidneys, and mayonnaise
8. Always control your weight and see a doctor if you experience a significant loss or gain
9. Avoid salty foods and foods that are high in salt
10. You can join a diabetes association
11. Use healthy and nutritious snacks between work, activities, or exercise
12. Adjust your insulin dose according to your activity level
13. Exercise for a short duration and low intensity, less than 10 minutes. However, walking is the best and most beneficial exercise
14. Increase the number of meals but reduce the volume of food at each meal
15. Consume fiber as well, as it prevents sudden drops in blood sugar
16. Carry a diabetic identification card
17. Avoid skipping meals
18. Take care of your feet, avoid wearing tight socks and shoes, and if you have a wound on your toes, move the affected area to improve blood flow and see a doctor immediately.