

Diabetes: Symptoms, Diagnosis & Treatment

Diabetes currently affects 246 million people worldwide and is expected to affect 380 million by 2025. Even though diabetes affects nearly 4% of the world's population, many people know very little about the disease. And so it becomes important writing about it.

The classical symptoms of diabetes are polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger). Most of us are aware about type-I & II diabetes but the third main type of diabetes known as Gestational diabetes is not known much. It happens when pregnant women, who have never had diabetes before, have a high blood glucose level during pregnancy.

All forms of diabetes have been treatable since insulin became available in 1921, and type II diabetes may be controlled with medication. Both type I and II are chronic conditions that usually cannot be cured. Any foot infection in diabetes should be dealt with seriously to prevent loss of limb.

Diabetic patient should not smoke or use tobacco as the combined effects result in to early occlusion of coronary artery or peripheral arteries or strokes. Diabetics should use corn oil or olive oil in food. Reuse of used oil is not recommended as it increases omega six fatty acids. Role of regular Aerobic & Anaerobic exercise is useful. At least 30 to 40 min heavy exercise for 5 days a week is necessary.

Diet should contain fibers to prevent cholesterol absorption & regularizing intestinal activities. Yoga, meditation, has a role to alter your neuro-endocrinal system. Consumption of dairy products should be restricted. One should always have hilarious comedies in life to cut down the level of stress related hormones like dopamine, nor adrenaline & adrenaline.

Waist circumference >40 inches in male & >35 inches in female is obesity & should be strictly controlled. Exercise is recommended at all stages of life. As it increases bones calcification & prevents loss of muscle mass. Pt who carries out supervised exercise will have increased survival rate as compared to their counterpart in Post CABG, Anginal or Diabetic status.

Should you have any questions, feel free to write to us:

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