

Diabetes

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Give the concept of “What is diabetes?”

- Diabetes mellitus is a group of metabolic diseases characterized by a high sugar content in the blood (glucose), which are the result of deficiencies in the secretion of insulin or its action, or both. Diabetes mellitus, commonly called diabetes, was first identified as a disease associated with "sweet urine," and excessive muscle loss in the ancient world.
- **Diabetes** is a chronic disease, which means that although it can be controlled, it lasts a lifetime. Over time, diabetes can lead to blindness, kidney failure and nerve damage.



Statistics of diseases in the United States.

- Diabetes affects approximately 26 million people in the United States.
- Diabetes is **the 7th** most important cause of death in the United States.



The basic concepts are:

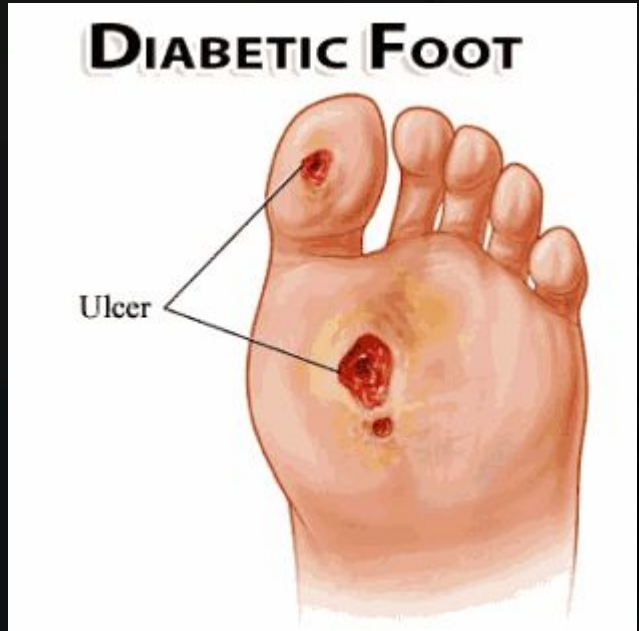
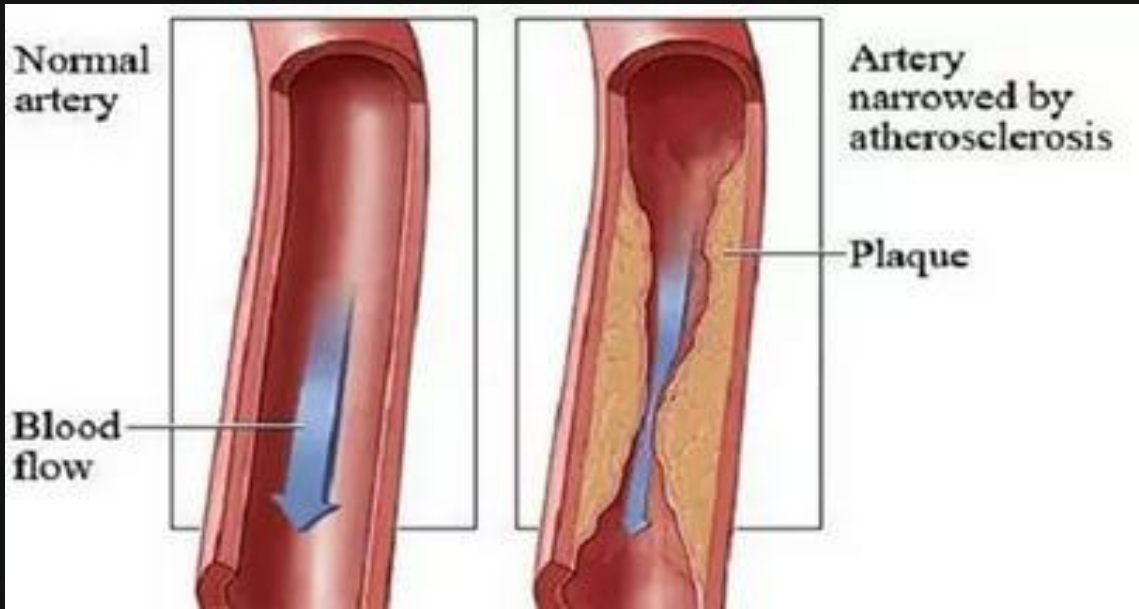
- Glucose is a simple sugar contained in food. Glucose is an important nutrient that provides energy for the proper functioning of body cells.
- Insulin is a hormone that is produced by specialized cells (beta-cells) of the pancreas. In addition to the fact that glucose helps to inject cells, insulin also plays an important role in the tight regulation of blood glucose levels.

There are two types of diabetes:

- Type 1 diabetes tends to occur in young, lean individuals, usually up to 30 years, but elderly patients sometimes have this form of diabetes. This subgroup is called latent autoimmune diabetes in adults.
- Type 2 diabetes is mainly manifested in women and men after 45 years, but recently it has become very young and the cause is obesity.

What effect the disease has on the body

- Diabetes is also an important factor in accelerating the hardening and narrowing of the arteries (atherosclerosis), which leads to strokes, coronary heart disease and other major diseases of the blood vessels.
- Poor control of blood sugar and blood pressure further aggravates the disease of the eyes in diabetes. Cataracts and glaucoma are also more common among diabetics.
- One of the most terrible complications of diabetes is diabetic foot ulcers, which are difficult to treat and sometimes require amputation.





Norms of sugar in the blood:

One of the important goals of diabetes care is to maintain blood glucose levels within the normal range from **70 to 120 mg / dL** before meals and up to **140 mg / dL** two hours after a meal.

In connection with our environmental situation, as well as a stressful situation in the political world. Improper eating and excessive consumption of sweet and fatty food, lack of mobility - diabetes mellitus will become a large-scale disease of mankind.

Thank you
for attention!