

Diabetes: A Growing Health Concern

Diabetes is a disease which can be developed by anyone whose pancreas start functioning improperly & stops secreting hormones that generates Insulin. So, the diabetes is caused when either the insulin is not produced or its not properly utilized by the cells leading in higher glucose level which is termed as Diabetes.

The three different forms of diabetes are: Type 1, Type 2, and Gestational diabetes. Type 1 diabetes occurs when insulin producing cells in the pancreas are damaged. Pancreatic cells are both protected and destroyed by the body's hormones. Type 2 diabetes occurs when the body fails to produce enough insulin, or fails to utilize it properly. Being overweight is a major contributor to this form of diabetes. Lastly, Gestational diabetes develops in some women during pregnancy.

Some common symptoms of diabetes can include excessive urination, excessive thirst, increased fluid intake, and blurred vision. Other symptoms increased hunger, nausea, vomiting, fatigue, restlessness, unable to focus attention, and a fruity odor when taking deep breaths.

With millions of cases being diagnosed, and that number steadily rising, diabetes is a major health concern around the world. Even with the millions of cases being diagnosed, there are still many cases go undiagnosed, unreported, and untreated. Many of these cases are found in more urban areas. Poor diet, being overweight and lack of exercise are most often attributed to persons from urban areas, making Type 2 diabetes the most common form of the disease found here.

The difference between rural & urban life is the lifestyle that is in rural areas people eat more and in urban people do less exercise. Type 1 is also caused due to heredity factors. There was a research report which indicated that about 248 million people are affected from diabetes and its easily expected to be above 400 million in one and a half decades from now. Cardiovascular disease causes greater number of deaths which has been worsened by diabetes-related lipid disorders and hypertension.

Various preventive measures are being taught to bring diabetes under control, to assist in lowering the death rate due to this disease. By eating a healthy diet and exercising regularly one can reduce the risk of getting diabetes by thirty percent. A healthy diet consists of eating foods that are free of processed carbohydrates and are low in fats. Eating five or six smaller meals is nutritionally smarter than eating one large meal. Exercise burns calories, calories burn fat, thereby reducing the blood sugar levels. A great, easy exercise that increases the metabolic rate is walking. Even going for a half hour to a one hour walk daily burns calories and helps reduce the fat. A nutritious diet, smaller meals more often, and exercise are some ways to lower the risk of this potentially deadly disease.

You should also get your blood sugar level tested at a regular interval and being consistent in that will help you in fighting that easily. E.g. - If it increases, you can lower it down and hence never giving it a chance to the disease to detriment your important organs. So keep that checked, have control, do exercise, eat more and you will be all right soon.

About the Author

Julia Hanf author of the book How To Play the Diabetes Diet Game and Win Through a real life crisis Julia figured out how to live diabetes free. Visit <http://www.yourdiabetescure.com> and learn more about your solution for diabetes.

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