

DIABETIC DIET MANAGEMENT

DIABETES MELLITUS

Diabetes mellitus is a chronic metabolic disorder that occurs when the pancreas does not produce enough insulin or when the body cannot effectively utilize the insulin it produces. It is characterized by decreased ability or complete inability of the tissue to utilize carbohydrates accompanied by a change in metabolism of fats, protein, water and electrolytes. This results in elevated blood sugar (hyperglycemia) which over time leads to multiple organ damage. It is associated with acute complications such as ketoacidosis and hypoglycemia, as well as long-term complications affecting the eyes, kidneys, feet, nerves, brain, heart and blood vessels.

There are three types of Diabetes mellitus.

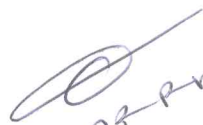
- Type I: Results from the body's failure to produce insulin
- Type II: Results from Insulin resistance, a condition in which cells fail to use insulin properly, sometimes combined with relative insulin deficiency
- Gestational Diabetes: Results in pregnant women

Risk factors for diabetes mellitus

These include: heredity, age, sex, obesity, dietary factors, physical inactivity and infections

Common symptoms include:

- Increased thirst (polydipsia)
- Increased urination (polyuria)
- Increased hunger (polyphagia)
- Weight loss in Type 1 diabetes
- Over weight/Obesity in type 2 diabetes
- Sugar in the urine (glycosuria)
- Elevated blood sugar or glucose (hyperglycemia)
- Skin irritation or infection
- Weakness/general loss of strength


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