

Metabolic Syndrome and Insulin Resistance in Children and Adults

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Type 1 diabetes is an autoimmune disease in this condition immune system destroys insulin-developing beta cells in pancreas. Type 1 diabetes is different from type 2 diabetes, in this body doesn't respond to insulin. Glucose can not able to move into your cells because insulin is not present and it builds up in your blood, and your cells. Present 5% of people is suffering with have type 1 diabetes. Type 1 diabetes it affects both males and females. People who have type 1 diabetes need to keep your blood sugar levels. Should maintain normal range of blood glucose levels [1]. Should maintain healthy diet with low carbohydrate, insulin, food, and exercise is necessary. Patient with type 1 diabetes should take insulin injections to control their blood sugar levels in the body. The common signs include frequent urination, feeling hungry and thirst, and vision loss, diabetic ketoacidosis is also a major sign and also many complications can develop in the body.

During digestion, Carbohydrates can be broken down into simple sugars, primarily glucose. Glucose is a dangerous and also important source of energy for the body's cells. For energy to the cells, glucose leave the blood and get into the cells. According to the reports, 90-95% of diabetes in children, symptoms presenting with polyuria, vision loss, polydipsia and weight loss. Insulin is play an important role to monitoring and treating complications of diabetes. Insulin, it is an anabolic hormone and it is involved for the synthesis of fat, carbohydrates and proteins. Insulin is the key hormone to controls glucose metabolism [2,3]. Many hormones and enzymes are involved in the metabolism of glucose including glucagon and glucagon-like peptide. In type 1 diabetes, nerves damage seen that affect the gastrointestinal tract can cause problems with nausea, vomiting and diarrhea. In male, common symptom is erectile dysfunction. Diabetes may leads to source for many infections of the skin and mouth, bacterial and fungal infections. For example gum disease and dry mouth also seen in mouth.

The best treatment to control the diabetes is doing regular exercise and it is an important for treating type 1 diabetes. It maintain body mass index and maintain your blood sugar levels. Patient with diabetes have to maintain balance your insulin and the food you eat with low carbohydrates [4,5]. Family doctor advise should take consideration. Regular checkup with blood test monitored with HbA1c should take consideration. HbA1c test used to measure glycated haemoglobin, it gives average blood glucose over 3 months.

This test should be repeated every 3-6 months to maintain glycemic control. One of the major eye related diseases is diabetic retinopathy commonly seen in patients with diabetes. Some disorders include cataracts and ocular palsies also seen patients with diabetes. Other complications including diabetic ulcers, infections like cellulitis, osteomyelitis, skin necrosis. According to research studies shows that people is suffering with type 1 diabetes have a lifespan that is 12 years shorter, than those without the diabetes disease. But life span is different form person to person health condition.

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