

DIABETES -“HUNGER IN THE MIDST OF PLENTY”

By Patrick Evivie, MD, FACP

Diabetes Mellitus is a group of metabolic diseases characterized by an excess amount of “sugar” circulating in the blood. This is due to a defect in the body’s ability to utilize it (sugar). Hence this condition could be described as hunger in the midst of plenty.

There is a dramatic increase in the prevalence of diabetes in the U.S. Affecting approximately 16 million Americans; a substantial proportion of the population has undiagnosed diabetes. Diabetes is most prevalent in minority populations, such as African-Americans, Native Americans and Mexican Americans. “One in ten African -Americans develops diabetes, especially if they are overweight, older than 45, or if diabetes runs in their family. But, you can help prevent diabetes with diet, exercise, and regular checkup.” There are two types of diabetes:

1. Type 1 (formerly called Insulin dependent diabetes) results from absolute deficiency of insulin secretion, the hormone required for the body to utilize sugar. Affects children and young adults, usually under the age of 30.
2. Type 2 (formerly called non- -insulin dependent diabetes) by far the most common, affecting about 14.9 million Americans. This results from a combination of resistance to insulin and inadequate compensatory insulin secretory response.

Signs and Symptoms of Diabetes

1. Being tired for no reason
2. Loss of weight for no reason
3. Urinate more often
4. Feel thirsty all the time
5. Having trouble seeing
6. Develop many vaginal, gum or skin infections
7. Feeling tingling or numbness in your fingers or toes
8. Notice that cuts and scrapes heal slowly
9. Developed diabetes while pregnant

Criteria for the Diagnosis of Diabetes Mellitus

1. Symptoms of diabetes plus casual plasma glucose concentration greater than 200mg/dl. Casual is defined as any time of the day without regard to time since last meal. The classic symptoms of diabetes include excessive urination, excessive fluid or water intake and unexplained weight loss.
 2. Fasting plasma glucose greater than or equal to 126mg/dl. Fasting is defined as no caloric intake for at least 8hours.
 3. 2-hour plasma glucose greater or equal 200mg/dl during an oral glucose tolerance test.
- Diabetes- A major cause of premature death and disability in US.

1. Leading cause of new cases of blindness in working -age adults
2. Contributes to 50% of non traumatic lower extremity amputations
3. Accounts for about 40% of new cases of end-stage kidney disease requiring dialysis or transplant
4. Causes a two to fourfold increase in the risk of heart disease such as Heart attacks
5. Nerve damage resulting in numbness and burning sensation
6. Impotence

Management of Diabetes

Aggressive and successful management of diabetes will prevent or minimize the complication. This usually requires a motivated patient.

1. Diet: High fiber, low fat, low salt
 2. Exercise: Is an important adjunct in the management of diabetes, always check with your doctor before beginning an exercise program
 3. Medication : Compliance with your medication as prescribed by your Physician is very important
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