

## WHAT DO YOU KNOW ABOUT DIABETES?

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**Annotation:** *This article contains information about diabetes and its causes types of the disease. Study of phenotypic markers that help early identification of individuals prone to diabetes is modern prevention. Methods of prevention and treatment of diabetes.*

**Keywords:** *Diabetes, insulin, glucagon, glucose, compensation, angypathy.*

Diabetes mellitus one of the diseases affecting the whole world, is a serious and long term incurable disease for everyone.

Literature analysis and methodology from the points of view of science diabetes is caused by the lack of insulin hormone in the body or its low concentration activity. In this disease, metabolic disorder and at the same time damage to blood vessels are manifested. Diabetes has been known for a long time Abu Ali ibn Sina a great healer paid special attention to this disease. He observed this disease his patients and conducted research about the disease. “The causes of diabetes are still not fully known. It appears under the influence of genetic and natural environmental factors. For this reason the number of diabetics is not 5, but 500” says Dr. Victoria Salem a medical researcher at Imperial College London.

The result: Nowadays, many people have at least a brief knowledge about diabetes and its causes. Because today almost every fourth person is sick or has a sick relative. According to research, diabetes can be divided into 5 different diseases. Regardless of the types of diabetes, constant control of blood types is one of the main tasks of both the patient and the doctor. Glucose levels can change at any age. 2.8-4.4 amount in children under one year old. 3.2-5.5 amount under the age of 14. 3.5-5.5 amount at the age of 14-60. 4.6-6.4 amount at the age of 60-90. If the glucose level is maintained for a long time, the blood begins to clot. It loses the ability to pass through small blood vessels, which affects the work of all organs. Therefore, the first task is to return blood sugar to normal as soon as possible. The insulin hormone serves to use the sugar in the blood as energy or to store it as a reserve. In case of diabetes, the same insulin hormone can not be produced sufficiently by the body or it is not used effectively. As a result, the amount of sugar in the blood increases and various pathological conditions occur in the eyes, kidneys, nerves and other important organs. So far uncontrolled blood sugar levels have been divided into 2 categories. However, researchers from Sweden and Finland say they



want to study diabetes more widely and discover its new secrets. According to expert, the study of the condition of people with diabetes is much more clear but the issue of treatment of the disease for a short period of time is still under question. Type 1 diabetes is a common and hereditary disease in patients with diabetes. There is a genetic predisposition and this type of disease develops at an early age. Treatment of type 1 diabetes requires a lot of effort. In patients with a high genetic risk, the complications of diabetes symptoms can be significantly delayed with timely prevention of the disease. Including, it is urgent to develop a strategy for early diagnosis, prognosis, and preventive treatment of the disease using dermatoglyphic markers. It is said that about 10 % of the population of Great Britain suffers from type 1 diabetes, which is considered one of the diseases of the immune system.

In the case of type 2 diabetes, the sensitivity of the relevant cells in the body to insulin decreases even if sufficient insulin is produced, there is a problem in the introduction of glucose from the blood into the cells, and as a result the amount of sugar in the blood remains high.

Type 3 diabetes is a severe form of insulin resistant diabetes that occurs in overweight people.

Type 4 obesity related mild diabetes is more common in overweight people.

Type 5 is related to age. The symptoms of mild form of diabetes mainly appear in older people.

Genetic adaptation to the disease is determined by the presence of certain genes on the chromosomes, which is mainly manifested under the influence of negative environmental factors. Diabetes is a lifelong disease that needs to be treated throughout life. Angiopathy is manifested in blood vessels in patients who are not fully treated and the blood glucose content is kept high for a long time. In diabetes the main goal is always to bring the amount of sugar in the blood closer to the level of healthy people that is to achieve a state of compensation. First of all and increase in the amount of undissolved sugar signs, such as weakening of the body rapid fatigue, dry mouth, increased urination, an increase in the body's demand for water and general weakness.

It is known that modern medicine prescribes the use of dozens of chemical compounds, such as amaryl and insulin obtained by synthetic means in the treatment of diabetes. All these medicinal substances ensure the transfer of sugar from the blood to the cells. But as a result of this the amount of sugar increases and the indicator of diabetes continues to grow at a high level. That is why our people use tinctures of medicinal plants in the treatment of this disease.

Conclusion as a result of my research, I can clearly say that diabetes is not a specific cause or a disease caused by a certain virus or bacteria, but several events such as external factors, the environment, improper organization of the daily routine



are the cause of the disease. Is coming that is why first of all, it is necessary to have a proper diet and a healthy lifestyle.

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