

Your Guide To Diabetes

What You Should Know About
Diabetes Type 1 and Type 2

By Gary Sanders



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Diabetes Symptoms Guide**
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Introduction To Diabetes

Diabetes is one of the most dangerous of modern world diseases. According to the World Health Organization (WHO), 171 million people around the globe are suffering from diabetes. That figure was estimated in 2000 and it is obvious that it must have increased by leaps and bounds in the years passed since.

The continents of Asia and Africa are said to be at grave danger as diabetes is being seen as growing in prevalence in the countries there. Even in the developed countries, diabetes is seen as one of the top five significant diseases.

Most people have a rough idea of diabetes as a disease and believe that it is the presence of excess sugar in the blood due to a lack of insulin in the body.

However, diabetes is not simply an excess of blood sugar. In fact, the high level of blood sugar is only one of the characteristics of diabetes although it is usually the most defining too.

What Is Diabetes?

But what is diabetes anyway? The full name of diabetes is *diabetes mellitus*. It is a syndrome that leads to exceptionally high blood sugar levels and is characterized by an irregular metabolism. Diabetes mellitus, or simply diabetes, is caused as a result of the lack of the

hormone insulin that helps the body extract glucose from the blood and use it.

Diabetes brings with it certain serious complications which may be acute or chronic. These complications include heart related problems along with blurred eye vision, low blood glucose levels, failure of the body's metabolism, increased hunger and frequent thirst. In this short report, we'll take a closer look at the type of diabetes, its implications and why it is necessary for you to beware of this disease.

I am sure you are asking the following question at this time:

Why do you need to take care of your diabetes?

As I explained earlier, diabetes has a number of complications which can affect you if it goes untreated or uncared for. Some of the common symptoms of diabetes include unexplained and acute weight loss, increased fatigue and overall lethargy, extremely slow healing of even small wounds and too much urination.

While these symptoms may not sound too bad in the beginning, the real problem occurs when they start to be extremely painful. Combined with the chronic implications like heart problems that diabetes results in, these symptoms can make the life of the sufferer totally miserable.

The good news, however, is that these symptoms can be recognized and diabetes can be taken care of. As I reveal in my [Diabetes Symptoms Guide](#), you can identify if you have these symptoms and learn more about diabetes.

Here are only some of the complications caused by diabetes which automatically make it necessary for you learn more about this dangerous disease:

- Diabetes often leads to **ketoacidosis**. When this happens, the liver converts all the fat into ketone bodies which act as source of energy for primarily, the brain. This particular malfunction of the liver is caused by the lack of insulin in the body or due to the development of insulin resistance in cells (which doesn't let them react to insulin properly). It is generally characterized by extreme tiredness, panicked breathing, regular urination etc. Often called Diabetic ketoacidosis, it is a medical emergency and the patient would need immediate medical attention as the symptoms come up rapidly. It can cause extreme shock or even death.
- Lethargy is a common symptom in diabetic patients and as glucose levels in the blood start to raise rapidly, the kidneys try to get rid of it by producing more urine and discarding all the glucose with the urine. As this continues, the body suffers from a lack of water and ultimately gets dehydrated. This denotes the onset of general weakness which can in turn convert common lethargy into a coma.
- The increase in the level of glucose in the blood due to diabetes also causes sever damages to the blood vessels. This is often called angiopathy (or more specifically, diabetic angiopathy). As blood vessels in the eyes start to weaken, vision may become weaker or it may be completely lost. This is also termed as retinal damage. Damaged blood vessels may also cause acute damage to the

kidneys requiring treatment via dialysis (which is very expensive for most patients and a difficult procedure).

- Diabetes also results in the damage of arteries that carry blood from the heart to the various parts of the body. This may eventually lead to a heart attack or stroke. It may also cause pain in the legs and feet due to exhaustion.
- As I explain in my [Diabetes Symptoms Guide](#), diabetes is a stealth disease or a silent killer. Early detection of diabetes is necessary in order to prevent it from causing severe damage to the patient but its symptoms do not become clear till the later stages of its development. This is what makes diabetes dangerous since a patient may not get to know he or she is suffering from diabetes before the damage has been done to blood vessels, cells, kidneys and the heart.

It is clear from the above complications caused by diabetes that it is a very serious disease and one which should not be taken lightly or casually by anyone. A little care taken by you in understanding this disease and its symptoms can help you ensure a bright and healthy future for you and your family.

Understanding Prediabetes

Before we move on further, we should look at a condition related to diabetes which is called *prediabetes*. It refers to a condition where the blood glucose levels are rising but haven't yet reached the level where it can be termed as diabetes.

The prediabetes stage may also be called the borderline diabetes stage owing to the fact that it is not completely diabetes as yet. Prediabetes slowly develops into diabetes which, as you must be aware by now, is a life threatening disease.

However, there exist two major problems related to prediabetes. Firstly, it has no symptoms of its own that can help identify its onset. This means that though a patient may be in the prediabetes stage, it is usually not possible to detect it except if one conducts laboratory tests. Secondly, there is no cure for prediabetes. Hence, once prediabetes has set in, there is *no escape* from it.

Prevention is better than cure and this old saying becomes even more relevant in the case of prediabetes. Prediabetes can be prevented in a number of ways. However, the most contributing factor to preventing it is a change in the lifestyle of those at risk. Obesity is a major cause of prediabetes and diabetes itself and all measures must be taken to reduce one's weight and keep it under control. Hence, proper exercise and weight loss is a must.

Secondly, the eating habits of those at high risk of diabetes should also be changed. Foodstuff containing lot of sugar in them must be totally avoided and green vegetables must be preferred over junk food items. Starchy foods must be totally avoided. As much as possible, prediabetes should either be completely prevented or delayed in its onset for a patient.

We will now look at the various types of diabetes. The two major types are Type 1 Diabetes and Type 2 Diabetes. Prediabetes eventually develops into Type 2 Diabetes.

Type 1 Diabetes

Type 1 Diabetes or Diabetes mellitus type 1 is one of the two major types of diabetes prevalent in the world. Type 1 Diabetes is often mistaken to be a disease pertaining to children alone. However, this is not true and adults can also suffer from this form of diabetes. Children having this type of diabetes grow up to be adults while still suffering from the same disease.

Patients suffering from this type of diabetes form five to six percent of the total number of people suffering from diabetes all around the world, although the above figure varies from country to country.

Type 1 Diabetes is a fatal disease that ultimately leads to the death of the patient. The characteristic of this type of disease that makes it even more dangerous is that there is no cure available for it. In the beginning stages of this disease, the patient seems to be very healthy and shows no symptoms of diabetes to begin with. Eventually, however, as the disease develops, the patient may lose weight quickly.

The usual methods of treating diabetes such as a change in lifestyle, diet and increase in exercise fail to cure type 1 diabetes.

Attempts have been made to find a cure or treatment for this type of diabetes and many probable cures from the field of stem cell research, biology etc. have been suggested. However, these cures are still in their nascent stages of development and are yet to see the light of actual human testing.

Some medications have been developed in order to prevent the disease from affecting a prospective patient. However, these only delay the onset of the disease and do not ward it off totally. Also, the available medications have their own side effects which bother the patient.

As of today, we can only hope that a working cure can be found out for diabetes mellitus type 1 in the near future.

Type 2 Diabetes

Type 2 Diabetes or Diabetes mellitus type 2 is another of the two major forms of diabetes. This is the most common type of diabetes in the world and the rise in its number of patients all around the world have lead to it being termed as an epidemic by the *Centers for Disease Control and Prevention (USA)*.

Previously, type 2 diabetes was prevalent in adults above the age of 40 years. However, new cases of this disease have included teenagers and even children recently.

Almost 90 to 95 percent of patients suffering from diabetes have type 2 diabetes only.

Type 2 Diabetes has certain identifying characteristics, the first of which is insulin resistance. Insulin resistance refers to the condition when the usual or normal amount of insulin fails to induce a normal

reaction from the fat or liver cells. Fat or liver cells, hence, completely refuse to react to insulin even though the insulin level is normal in the body. This leads to an increase in the level of blood glucose leading to a number of other complications.

Another common characteristic of this type of diabetes is high blood sugar or hyperglycemia. This in turn leads to frequent urination and increased hunger and thirst in the patient.

Type 2 Diabetes is a complex disease and a much bigger problem than Type 1 Diabetes but it is also easier to treat as compared to Type 1 which cannot be cured at all.

Type 2 Diabetes is treated using a combination of several methods that are administered together.

The first among them is regular glucose monitoring. By monitoring the level of glucose in the blood regularly, it can be determined how acute or serious the problem is for the patient and what kind and degree of treatment would be required in order to cure it.

It is important that this type of diabetes is detected early in its onset, usually characterized by various symptoms as I detail in the [Diabetes Symptoms Guide](#).

Second on the list is a change in the daily diet of the patient. This helps control blood sugar and glucose level by restricting and controlling the intake of starch present in a variety of food items. Intake of starchy foods, fast foods and oils is greatly reduced or totally advised against.

Thirdly, exercise is almost always recommended, usually in order to initiate weight loss since obesity can severe the complications caused by diabetes.

Insulin preparations may also be administered to patients as part of insulin therapy. However, this is usually resorted to in cases where the usual prescription anti-diabetes drugs fail to help the patient.

Many other cures and preventive methods are being constantly researched and tested all around the world. It is probable that new treatments will soon see the light of the day as their implications for human patients with diabetes type 2 become clearer.

Obesity, hypertension (or high blood pressure, as it is commonly known) and increased cholesterol levels are common conditions often associated to Type 2 Diabetes and vice versa. All of these things culminate to produce further complications and may lead to strokes, coma or even heart attacks for the patient.

Conclusion

As we've seen in the pages above, diabetes in both its form is a lethal and fatal disease. The number of patients suffering from diabetes is increasing daily and even more people are estimated to be affected by the disease all around the world.

Today, diabetes stands as a challenge in front of the medical community as well as the world at large. Many people are unaware on the causes and symptoms of the disease. A huge fraction of the population doesn't recognize why they should be more careful about this disease.

Apart from its usual symptoms, diabetes can cause heart attacks, seizures, coma and loss of eyesight to suffering patients. Cures for diabetes are not at par with the disease even today and this is what makes it even more dangerous.

Early detection of diabetes certainly helps in preventing this disease from affecting a patient badly. Once it has been detected, one can take care of one's diabetes easily through proper diabetes management. I talk more about how you can do this in my [Diabetes Symptoms Guide](#).

I addressed the question of why should you worry about diabetes early on but I think it is worth a mention here again. The simple reason why you should learn more about diabetes is because you can NEVER know if you have diabetes or not unless you undergo the proper tests required to detect it. Diabetes is a life threatening disease with Type 1 Diabetes resulting in certain death as its incurable. By spreading proper awareness about the disease, you will not only be able to help yourself but also help others who may be at risk or are already suffering from this dreaded disease.

Certainly, diabetes is not something that must be taken lightly. It is a rather serious reality being faced by people all around the world. If you want to understand diabetes better and learn how you can

manage diabetes easily, head on over to:

<http://www.diabetessymptomsguide.com/> right now so to find more information on diabetes.

That's all I have to share with you in this short report. I am sure you wish for the better health of you and your family and hence I suggest you learn more about diabetes, its types and symptoms and available cures as soon as possible.

As I've mentioned time and again, prevention is ALWAYS better than cure and only a knowledgeable and participating person like you can help bring this disease under control.

To YOUR Healthy Future,

Gary Sanders

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