

Endocrinology:

The major glands of the endocrine system, each of which produces one or more specific hormones, are the hypothalamus, the pituitary gland, the thyroid gland, the parathyroid glands, the islets of the pancreas, the adrenal glands, the testes in men, and the ovaries in women. During pregnancy, the placenta also acts as an endocrine gland in addition to its other functions.

Diabetes Mellitus:

Diabetes mellitus is a disorder in which blood sugar (glucose) levels are abnormally high because either the body does not produce enough insulin to meet its needs or is unable to utilize fully the Insulin that is being produced. .

Insulin is a hormone released from the pancreas which controls the amount of sugar in the blood. When people eat or drink, food is broken down into materials, including the simple sugar glucose. Sugar is absorbed into the bloodstream and stimulates the pancreas to produce insulin. Insulin allows sugar to move from the blood into the cells. Once inside the cells, it is converted to energy.

The levels of sugar in the blood vary normally throughout the day, rising after a meal and returning to normal within around 2 hours after eating. Once the levels of sugar in the blood return to normal, insulin production decreases. The variation in blood sugar levels is usually within a narrow range, about 70 to 110 milligrams per deciliter (mg/dL) of blood. If people eat a large amount of carbohydrates, the levels may increase more.

If the body does not produce enough insulin to move the sugar into the cells, the resulting high levels of sugar in the blood and the inadequate amount of sugar in the cells together produce the symptoms and complications of diabetes.

Types:

Prediabetes: Prediabetes is a condition in which blood sugar levels are too high to be considered normal but not high enough to be labeled diabetes.

Type 1: In type 1 diabetes (formerly called insulin-dependent diabetes or juvenile-onset diabetes), more than 90% of the insulin-producing cells of the pancreas are permanently destroyed. Most people who have type 1 diabetes develop the disease before age 30.

Type 2: In type 2 diabetes (formerly called non-insulin-dependent diabetes or adult-onset diabetes), the pancreas continues to produce insulin, sometimes even at higher than normal levels. However, the body develops resistance to the effects of insulin, so there is not enough insulin to meet the body's needs.

Causes	Symptoms	Diagnosis	Treatment
<i>Type 1:</i> A genetic predisposition coupled with an environmental factor or viral infection that permanently destroys the insulin producing cells of the pancreas.	Increased urination	Measuring blood sugar levels	Low sugar diet
	Increased thirst		Low fat diet
<i>Type 2:</i> Most common cause is obesity.	Weight loss		Low salt diet
	Problems with sensation due to damage of nerves		Exercise
	Increased risk of heart attack, stroke, and kidney failure due to damage to vessels		Drugs

DISCLAIMER:

The Disease and Product Information mentioned herein is for information purposes only. OBS does not encourage or support self – medication practice and recommends a medical consultation when in need and before starting any therapy.