

Now I want to share with you about

Understanding Diabetes

Diabetes comes from the Greek word meaning 'siphon' since frequent urination is characteristic of this disorder. Later the word 'mellitus' or sweet was added to show that large quantities of sugar were being passed out in the urine.

Diabetes can occur in two forms – insulin dependent or juvenile and non-insulin dependent or adult diabetes. The fundamental problem in diabetes is that cells cannot get the glucose they need to survive. Glucose is blood sugar, the preferred fuel for the body. The glucose is transported within the cells by insulin. Cells have receptors on their surface which recognize insulin and allow the escorted glucose to get in. In juvenile or Type I diabetics, very little insulin is produced or none at all. without insulin injections these people find it difficult to survive. In adult onset or Type II diabetics produce sufficient insulin or even an excess of it, but the cell receptors described earlier, fail to work, or decrease in number. Type II diabetics can control their condition with the use of oral medication, which sooner or later fails to work. Apart from skin rashes and nausea, in some people these drugs cause dangerously low levels of blood sugar or hypoglycaemia. This is a life threatening condition. Diabetes is not just a deficiency of Insulin. It is the result of a Pancreas exhausted by an overdose of refined sugar and carbohydrates.