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Diabetes Treatment And Info: All You Need To Know

Diabetes is a critical health care problem for many people throughout the world. It decreases quality of life and, in many cases, it can also shorten one's life. The good news is that when you recognize the seriousness of being a diabetic and take constructive steps toward controlling it all of these things above decrease in importance.

Diabetes is a disorder of metabolism. The way our bodies use digested food for growth and energy. Diabetes is associated with long-term complications that affect almost every part of the body. Diabetes is widely recognized as one of the leading causes of death and disability in the United States.

Conventional Medical Treatment

Insulin was the first, and remains the primary means of treatment for Type 1 diabetes and is administered by subcutaneous injection. This method is necessary since insulin is destroyed by gastric stomach secretions when it is taken by mouth. Insulin injections must be balanced with meals and daily activities, and glucose levels must be closely monitored through frequent blood sugar testing. Many diabetics need inject insulin only once a day; others require two or more injections. The usual time for a dose of insulin is before breakfast. The dosage is initially established according to the severity of the condition, but it often has to be reassessed as one or another of the variables in the person's condition changes.

Medicines for Type2 Diabetes

Metformin this is often the first medicine that is advised for type 2 diabetes. It mainly works by reducing the amount of glucose that your liver releases into the bloodstream.

Sulphonylureas for example, glibenclamide, gliclazide, glimepirizide, glipizide, gliquidone, increase the amount of insulin produced by your pancreas. They also make your body's cells more sensitive to insulin so that more glucose is taken up from the blood.

Type 1 (Insulin-Dependent Diabetes Mellitus)

Type 1 diabetes is treated with intensive insulin therapy. This type of treatment is designed to achieve near-normal blood sugars safely - while keeping the episodes of low blood sugars ("insulin reactions") to a minimum. Insulin therapy includes:

* Multiple Daily Injections of Insulin (Flexibility is important!). * Use of Insulin Pens or Pumps. * Use of new type of insulin: Lispro or Humlog (extremely fast-acting) - replaces regular insulin.

Diabetes Medications

Sulfonylureas: Glyburide (Micronase, Diabeta) and Glipizide (Glucotrol). Traditional medicines - cheap, easy to take, work well with many people. Stimulates insulin secretion from the pancreas. Problems: Doesn't always achieve normal blood sugars and may cause low blood sugars. Metformin (Glucophage): Used in Europe for many years. Decreases sugar production by the liver, which contributes to elevated blood sugar levels. Works well with insulin. Problems: Causes gastro-intestinal upset in some, and cannot be used if you have serious heart or kidney problems.

People with diabetes will experience many long-term and serious complications. These complications will affect virtually every part of the body from the feet and legs to the internal organs.

Diabetes is a disease in which the body does not produce or use insulin properly therefore it is up to you and your doctor to learn how to manipulate the functions of your body properly to offset or minimize the complications of uncontrolled diabetes. With proper control you can still live a healthy and long life but it helps to be a fanatic about controlling your diabetes.

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