

## Commentary

# Steps towards Sugar Control: A Practical Guide to Diabetes

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### Description

Diabetes, a chronic condition affecting millions worldwide, has emerged as a significant health concern in recent years. Characterized by elevated blood sugar levels, diabetes alters the body's ability to produce or use insulin effectively. This disruption can lead to a range of complications affecting various organs and systems, necessitating a deeper understanding of the condition and its management. Often diagnosed in childhood or adolescence, this autoimmune condition occurs when the immune system attacks and destroys insulin-producing cells in the pancreas, resulting in little to no insulin production. The most common form, typically diagnosed in adulthood, occurs when the body becomes resistant to insulin or doesn't produce enough insulin to maintain normal glucose levels. Develops during pregnancy and usually resolves after childbirth. However, it raises the risk of both the mother and child developing type 2 diabetes later in life. Individuals with diabetes have a higher risk of heart disease, stroke, and other cardiovascular conditions. Diabetes can cause nerve damage (neuropathy), leading to tingling, numbness, or pain, particularly in the hands and feet. Over time, diabetes can affect kidney function, potentially leading to kidney failure. Diabetes can damage the blood vessels in the retina, leading to diabetic retinopathy and potential vision loss. Nerve damage and poor blood flow increase the risk of foot ulcers and, in severe cases, amputation. Adopting a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats helps manage blood sugar levels. Physical activity helps regulate blood sugar levels, improves insulin sensitivity, and promotes overall health. Maintaining a healthy weight reduces the risk of complications and helps manage blood sugar levels more effectively. Depending on the type and severity of diabetes, medication such as insulin, oral medications, or other injectables may be prescribed to

manage blood sugar levels. Regular blood sugar monitoring helps individuals understand their levels and make necessary adjustments in diet, exercise, or medication. Regular check-ups with healthcare providers help monitor diabetes-related complications and adjust treatment plans accordingly. While diabetes cannot always be prevented, certain measures can reduce the risk: Maintaining a healthy weight, eating a balanced diet, and staying physically active can lower the risk of type 2 diabetes. Periodic screenings for blood sugar levels, especially for individuals with a family history of diabetes or other risk factors, are crucial. Diabetes is a complex condition that requires ongoing management, lifestyle modifications, and medical interventions. Education, awareness, and proactive measures are essential in preventing complications and improving the quality of life for individuals living with diabetes. Research, advancements in treatment, and a holistic approach to managing the condition continue to offer hope for better outcomes and a brighter future for those affected by diabetes. Diabetes, a chronic condition characterized by elevated blood sugar levels, can lead to a range of health issues and complications affecting various parts of the body. These complications often arise due to prolonged periods of high blood sugar and may impact multiple systems within the body. Individuals with diabetes have a higher risk of developing heart disease, including conditions like coronary artery disease, heart attacks, and congestive heart failure. Diabetes increases the risk of stroke due to the impact of high blood sugar on blood vessels, leading to clot formation or blockage.

### Acknowledgement

None.

### Conflict of Interest

None.