

USEFUL LINKS

- [WHO Diabetes Factsheets](#)
- [American Diabetes Association](#)
- [Case Study on Diagnosis of Gestational Diabetes Mellitus in Nigerian Pregnant Women](#)

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DIABETES MELLITUS



Diabetes is a chronic disease that occurs either as a result of the pancreas not producing enough insulin or the body being unable to utilize the insulin. Insulin is a hormone that regulates blood sugar.

There are different types of Diabetes Mellitus, the main types including;

- **Type 1 diabetes:** results from the body's failure to produce insulin, and presently requires the person to inject insulin.

(Type 1 DM is also referred to as *insulin-dependent* diabetes mellitus or *IDDM*, and *juvenile* diabetes.)

- **Type 2 diabetes:** results from insulin resistance, a condition in which cells fail to use insulin properly, sometimes combined with an absolute insulin deficiency. (Formerly referred to as *non-insulin-dependent* diabetes mellitus, *NIDDM* for short, and *adult-onset* diabetes.)
- **Gestational diabetes:** is when pregnant women, who have never had diabetes before, have a high blood glucose level during pregnancy. It may precede development of type 2 DM.

Risk factors for type 2 diabetes consist of;

- Weight problems
- Track record of Gestational diabetic issues
- Deficiency of workouts
- High blood pressure
- Higher age groups
- Ethnic groupings other than Anglo-Saxon
- Low HDL cholesterol
- Damaged glucose persistence

Complications

Diabetes Mellitus is the most general reason for adult kidney malfunction globally. If unnoticed or badly managed, diabetic issues can result in blindness, renal malfunction, lower limb amputation, heart attack, stroke and impotence.

Diabetes Therapy

The main therapy of type 1 diabetes, even from its earliest stages, is substitute of insulin together with careful checking of blood sugar levels applying blood testing monitors.

Type 2 diabetes may need oral anti-diabetic medicines to induce the body's insulin generation and enhance insulin sensitivity.

Gestational diabetes is totally curable but needs careful medical supervision throughout the pregnancy. Although it can be transient, without treatment gestational diabetes can damage the well-being of the foetus or the mother.

Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 Diabetes Mellitus.