

November 14th | World Diabetes Day

Diabetes: Its control and prevention depend on you!

DIABETES IS A CHRONIC METABOLIC DISEASE CHARACTERIZED BY HYPERGLYCEMIA, THAT IS, ELEVATED BLOOD GLUCOSE LEVELS.

Diabetes can be divided into two types:

Type 1

It is an autoimmune disease where the body's defense cells attack the pancreatic cells that are responsible for insulin production, causing them to release very little or no insulin into the body.

Type 2

It affects about 90% of the patients who are diagnosed with the disease and is characterized by total or partial deficiency in insulin levels.

Risk and prevention factors

As 90% of the cases are type 2, knowing the risk factors that can trigger the development of this disease is extremely important. They are as follows:

- Being obese or overweight
- Having a sedentary lifestyle
- High cholesterol
- Old age
- Hypertension
- Family history of the disease

Since most of the risk factors are behavioral, it is important to keep healthy habits such as: doing physical activities regularly, having a good diet, keeping the weight under control, and decreasing the stress levels.

Insulin's role in the body:

Insulin is a hormone that is produced by the beta cells, which are present in the pancreas, the organ located behind the stomach.

The role of insulin is to metabolize the glucose that is in the blood. In other words, it acts as a bridge, easing the entrance of sugar (glucose) into the cells, so that it can later be used as energy.

Ingestion of carbohydrates

The pancreas produces insulin in order to process the glucose

The body turns the ingested carbohydrate into glucose

Glucose

Insulin

Blood vessel

The glucose is converted to glycogen and accumulates in the liver

Why prevent and / or treat it?

Diabetes can cause several complications when not treated properly. The treatment, on the other hand, requires controlling the blood glucose levels daily and, in some cases, taking oral medication or even needing insulin shots.

Among the many complications that the disease can bring are: kidney disease, problems in the feet and lower limbs (diabetic foot), peripheral neuropathy (responsible for a large part of the amputations), a worsened scenario for any diseases in the heart, arteries and eyes.

Glucose nourishes the muscles

5.8

Don't be a statistic!

Worldwide, it is estimated that about 463 million adults live with the disease, according to the World Health Organization. In Brazil, it is about 13 million people.