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Antecedentes de diabetes gestacional pdf

Diabetes is a metabolic disease; it is also called diabetes mellitus. This is a long-term state of health. There are three different ways. Diabetes 1 occurs when the body does not produce insulin. Insulin is necessary to regulate blood sugar levels. Diabetes 2 occurs when the body does not produce enough insulin. Gestational diabetes can affect women during pregnancy. High blood sugar leads to polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger). Pre-diabetes is a condition in which cells in the body become insulin resistant. Insulin injections, special diets, and exercise are used to treat Diabetes 1, the second type is more common, and treated with pills, after a special diet, and insulin injections may be required, but no daily treatment. People with diabetes may develop secondary health problems - eye complications such as diabetic retinopathy, hypertension, foot complications, hearing loss and many health risks increase with diabetes. The body also heals much more slowly. Corbis Diabetes is often called a silent killer because of its easy miss symptoms. Type 2 diabetes is a serious condition, but the good news is that lifestyle changes can help prevent or delay the diagnosis. Watch this video to see five changes you can make to avoid type 2 diabetes. Advertisement Advertising Credit: Corbis If you need to urinate often, especially if you often have to get up at night to use the bathroom, this could be a symptom of diabetes. The kidneys kick into a high gear to get rid of all those extra blood glucose levels, heathen to release themselves, sometimes several times at night. Excessive thirst means that your body is trying to replenish lost fluids. These two symptoms go hand in hand and there are some ways in your body to try to manage high blood sugar levels, explains Dr. Collazo-Clavell. Credit: Corbis Too high blood sugar levels can also cause rapid weight loss, say 10 to 20 pounds over two or three months, but it's not healthy for weight loss. Because insulin hormone is not getting glucose in cells where it can be used as energy, the body feels it is starving and begins to remove protein from the muscles as a substitute fuel source. The kidneys are also working overtime to prevent excess sugar, and this leads to calorie loss (and can harm the kidneys). These are processes that require a lot of energy. Dr. Collazo-Clavell notes. You create a calorie deficit. Advertisement Credit: Corbis Excessive attacks of hunger, another sign of diabetes, can come from sharp peaks and lows in blood sugar. When blood sugar drops, the body feels that it is not fed and craves more glucose that cells need to function. Credit: Corbis itchy skin, perhaps the result of dry skin or poor circulation, can often be a warning sign of diabetes, just like other skin conditions such as nigrificans. It's darker darker skin around the neck or armpit area, Dr. Collazo-Clavell says. People who already have an insulin resistance process happen, even if their blood sugar levels might not be high. When I see it, I want to check their blood sugar. Infections, cuts, and bruises that don't heal quickly are another classic sign of diabetes. This usually occurs because blood vessels are damaged by excessive amounts of glucose in traveling veins and arteries. This makes it difficult to create the blood needed to facilitate healing to reach different areas of the body. Advertisement Advertising Credit: Corbis Diabetes is considered an immunosuppressive condition, Dr. Collazo-Clavell explains. This means increased susceptibility to various infections, although the most common are yeast (Candida) and other fungal infections, she says. Mushrooms and bacteria both thrive in a sugar-rich environment. Women in particular need to watch out for vaginal Candida infections. Credit: Corbis When people have high blood sugar, depending on how long it's been, they may get used to chronically not feeling well, says Dr. Collazo-Clavell. Sometimes that's what brings them into the office. Getting to go to the bathroom several times during the night will make someone tired as well as the extra effort your body is expending to compensate for its glucose deficiency. And being tired will make you irritable. We see people whose blood sugar levels have been very high, and when we don't get the blood levels down, it's not uncommon that I hear, I didn't understand how bad I felt, she says. Credit: Corbis Having distorted vision and seeing floaters or occasional flashes of light is a direct result of high blood sugar. Blurred vision is a refraction problem. When blood glucose is high, it changes the shape of the lens and eye, explains Dr Collazo-Clavell. The good news is that this symptom is reversible when blood sugar levels return to normal or close to normal. But let your blood sugar go unchecked for a long time and glucose will cause irreversible damage, possibly even blindness. And it's not reversible. Advertising Credit: Corbis Tingling and Numbness in the arms and legs, along with burning pain or swelling, are signs that nerves are damaged by diabetes. If (symptoms are) recent, it is more likely to be reversible, Dr. Collazo-Clavell says. However, as with vision, if blood sugar levels are allowed to run rampant for too long, neuropathy (nerve damage) will be permanent. Therefore, we try to control blood sugar as quickly and as well as possible, she says. Credit: Corbis Several tests are used to test for diabetes, but one test result is never enough on its own to diagnose diabetes (test to be repeated). One of them is an empty-fasting glucose test that checks blood sugar levels after a night (or eight hours) of non-eating. Blood glucose levels above 126 milligrams per deciliter (mg/dl) twice mean that you have diabetes. Normal is 99 mg/dl, while blood glucose levels between 100 and 125 mg/dl are considered prediabet, which is a serious condition alone. In this section: What are the symptoms of diabetes? Symptoms of diabetes include increased thirst and urination increased hunger fatigue blurred vision numbness or tingling in the feet or mouth ulcers that do not heal unexplained weight loss Symptoms of type 1 diabetes may begin quickly within a few weeks. Symptoms of type 2 diabetes often develop slowly over several years and can be so mild that you might not even notice them. Many people with type 2 diabetes have no symptoms. Some people will not know that they have the disease until they have diabetes-related health problems, such as blurred vision or heart problems. What causes type 1 diabetes? Type 1 diabetes occurs when your immune system, the body's system for fighting infection, attacks and destroys insulin-producing beta cells in the pancreas. Scientists think type 1 diabetes is caused by genes and environmental factors such as viruses that could cause the disease. Studies such as TrialNet are working to pinpoint the causes of type 1 diabetes and possible ways to prevent or slow down diseases. What causes type 2 diabetes? Type 2 diabetes is the most common diabetes caused by several factors, including lifestyle factors and genes. Overweight, obesity and physical activity you are more likely to develop type 2 diabetes if you are not physically active and overweight or obese. Extra weight sometimes causes insulin resistance and is common in people with type 2 diabetes. The location of body fat also makes a difference. Additional abdominal fat is associated with insulin resistance, type 2 diabetes and cardiovascular disease. To see if your weight puts you at risk of type 2 diabetes, check out these body mass index (BMI) charts. Insulin resistance Type 2 diabetes usually begins with insulin resistance, a condition in which muscle, liver and fat cells do not use insulin well. As a result, your body needs more insulin to help glucose enter cells. At first, the pancreas makes more insulin to keep up with the added demand. Over time, the pancreas cannot take enough insulin, and blood glucose levels increase. Genes and family history Like type 1 diabetes, some genes may make you more likely to develop type 2 diabetes. The disease tends to work in families and occurs more frequently in these racial/ethnic groups: African-Americans Alaska natives American Indians Asian American Hispanics/Latinos Native Hawaiian Pacific Island Genes also may increase the risk of type 2 diabetes, increasing a person's tendency to become overweight or obese. What causes gestational diabetes? Scientists believe gestational diabetes, a type of diabetes that develops during pregnancy, causes hormonal changes in pregnancy together genetic and lifestyle factors. Insulin resistance The hormones produced by the placenta contribute to insulin resistance, which occurs in all during late pregnancy. Most pregnant women can produce enough insulin to overcome insulin resistance, but some cannot. Gestational diabetes occurs when the pancreas cannot take enough insulin. As with type 2 diabetes, extra weight is associated with gestational diabetes. In overweight or obese women, insulin resistance may occur upon becoming pregnant. Gaining too much weight during pregnancy can also be a factor. Hormonal changes, extra weight, and a family history may contribute to gestational diabetes. Genes and a family history of having a family history of diabetes makes it more likely that a woman will develop gestational diabetes, suggesting that genes play a role. Genes can also explain why disorders occur more frequently among African-Americans, American Indians, Asians, and Hispanics/Latinas. What else can lead to diabetes? Genetic mutations, other diseases, pancreatic damage, and some medications can also cause diabetes. Genetic mutations In monogenic diabetes are caused by mutations, or changes, in one gene. These changes usually go through families, but sometimes the gene mutation occurs on its own. Most of these gene mutations cause diabetes, making the pancreas less able to carry insulin. The most common forms of monogenic diabetes are neonatal diabetes and onset of maturity in young people (MODY). Neonatal diabetes occurs during the first 6 months of life. Doctors usually diagnose MODY in adolescence or early adulthood, but sometimes the disease is not diagnosed until later in life. Cystic fibrosis produces thick mucus, which causes scarring of the pancreas. This scar can prevent the pancreas from making enough insulin. Hemochromatosis causes the body to store too much iron. If the disease is not treated, iron can form and damage the pancreas and other organs. Hormonal diseases Some hormonal diseases cause the body to produce too many certain hormones, which sometimes cause insulin resistance and diabetes. Damage or removal of pancreatic pancreatitis, pancreatic cancer, and trauma can all harm beta cells or make them less able to produce insulin as a result of diabetes. If the damaged pancreas is removed, diabetes will occur due to the loss of beta cells. Medicines Sometimes some medicines can harm beta cells or interfere with insulin exposure. These include niacin, a type of vitamin B3 of some types of diuretics, also called water tablets anticonvulsant medicines for psychiatric medicines to treat human immunodeficiency virus (HIV) pentamidine, medications used to treat types of pneumonia glucocorticoids, medicines used to treat inflammatory diseases such as rheumatoid arthritis, astuss, lupus, and ulcerative colitis anti-rejection drugs used to help stop body rejection of transplanted organ Statins, which is a medicine to reduce LDL (bad) cholesterol levels, may slightly increase the chance that you will develop diabetes. However helps protect you from heart disease and stroke. Stroke. for this reason, the strong benefit of taking a statin outweighs the slight chance that you may develop diabetes. If you are taking any of these medicines and are concerned about the side effects, talk to your doctor. Doctor.

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