

DIABETES

This disease is caused by defective carbohydrate metabolism. It causes large amounts of sugar in the blood and urine. It can damage the kidneys, heart, eyes, limbs, and endanger pregnancy. About five percent of the United States population has it and about half are undiagnosed. A diabetic that is treated life span is lowered by one-third

There are two types of diabetes. Type I, insulin-dependent diabetes mellitus (IDDM). And type II, non-insulin-dependent diabetes mellitus (NIDDM).

Type I

This type usually occurs in children and young adults, it is known as one of the autoimmune diseases. It is 10-15 percent of all cases. The pancreas lets out insulin that lets sugar glucose into all tissues in the body and in this type of diabetes most or all of this insulin is not made. So all the extra glucose is let out through urine. If untreated this type could be fatal quickly. The body cannot get enough energy from tissue glucose so it starts to break down stored fat. With this people loose a lot of weight and they have fatigue. Your blood becomes acidic and respiration becomes abnormal. People usually die from diabetic coma until they figured out how to use insulin therapy. In both forms it could cause a kidney disease from high blood sugar levels; bad sight from blood vessels in eyes rupturing, less blood going to the limbs could make them have to cut them off. They have high blood pressure which increases heart attacks and strokes in diabetes too.

Type II

This type is found in mostly in people over 40 it progresses slowly unlike type I. The insulin in the pancreas is produced in good levels but does not work right. It does not let the glucose in to the tissues just like in type I. The people in type II are usually over weight.

Treatment

The treatment for both types is insulin injections and changes in their diet. They must spread out every thing that they eat in a day so they sugar comes in slow. For type II they have to loose weigh and exercise more. Some people test their own blood sugar levels throughout the day and have insulin pumps.

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