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DIABETES DIAGNOSIS, TREATMENT OPTIONS, TREATMENT METHODS AND MONITORING OF THE LEVEL

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Abstract

This work highlights modern diagnostic methods used in the diagnosis of diabetes mellitus. In addition to clinical signs, the importance of laboratory tests in the diagnostic process is analyzed, in particular, the determination of fasting blood glucose, glucose tolerance test, and the diagnostic value of glycosylated hemoglobin indicators. The role of glucose and ketone bodies in urine, differential diagnosis, and screening tests in the early detection of diabetes mellitus are also highlighted. The possibilities of preventing complications through timely diagnosis of the disease are highlighted.

Keywords

diabetes, diagnosis, hyperglycemia, blood glucose, glucose tolerance test, screening, differential diagnosis.

The symptoms of type 1 diabetes appear early and often prompt the patient to check their blood glucose levels. In contrast, the symptoms of type 2 diabetes and prediabetes appear gradually. The following people should be tested: People over 45 should check for signs of diabetes and have their blood sugar levels checked. If they have normal blood sugar levels, they should be tested every three years. People with prediabetes should be tested for type 2 diabetes once a year. People with a body mass index over 25 (23 for Asian Americans) and additional risk factors such as heart disease, high blood pressure, or abnormal cholesterol levels should be screened for diabetes. Women with gestational diabetes should be tested for diabetes every three years.

Along with an exercise regimen, a healthy and balanced diet is an important part of managing your diabetes and your health.

There is no specific diet that you need to follow for diabetes. Vegetables, fruits, whole grains, and proteins are the foundation of a balanced and healthy diet. They are rich in fiber and provide nourishment to the body. The diet is low in calories and fat, while reducing saturated fats and refined carbohydrates. You should have sweets from time to time.

Many people exercise every day, and if you have diabetes, you should definitely stick to an exercise plan. Exercise increases insulin sensitivity. So your body needs less insulin to transport sugar into your cells. It also helps lower blood sugar levels because the sugar moves into your cells. Your cells use that sugar for energy. Make exercise part of your daily routine. A 30-minute workout can go a long way.

Insulin injections, carbohydrate counting, and regular blood sugar testing are the treatments for type 1 diabetes. Blood sugar monitoring, lifestyle changes, and medication are helpful in treating type 2 diabetes.

You should monitor your blood sugar levels four times a day. This will help you understand how your blood sugar levels are responding to medications, diet, exercise, and lifestyle changes.

People with type 1 diabetes need insulin to survive. In some cases, patients with type 2 diabetes and those with gestational diabetes may also require insulin.

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Some patients need to take medications to stimulate more insulin production. Other medications inhibit glucose production by the liver.

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