Corona virus is more dangerous for diabetic patients

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Introduction

People with diabetes may have a weakened immune system, which can affect the body's ability to recover from illness and infection, shortening recovery time. , healthy cells can become inflamed and damage the body's functions. People with diabetes and those without diabetes are at the same risk of being infected with SARS-CoV-2. Based on current data, post-COVID-19 diabetics are at increased risk of developing severe symptoms and hyperglycemia when infected with the coronavirus. Diabetes is a series of diseases caused by uncontrolled blood sugar levels in the body. Excess sugar in the blood can cause potential damage and lead to serious health problems. Diabetics already suffer from nerve damage (neuropathy), kidney damage (nephropathy) and eye damage (retinopathy). There is a risk of developing complications such as , skin diseases and cardiovascular diseases. A diabetic may recover from her COVID-19. Recent data show that approximately 90% of diabetes patients with controlled blood sugar recover and are diagnosed and treated on time without developing serious complications or symptoms. Well-controlled diabetic patients, i.e. those who are hospitalized, tend to recover quickly and develop no complications after Covid recovery.

Description

Patients with uncontrolled diabetes tend to develop severe symptoms when infected with viral infections. These people may develop complications in the future, so it is important to monitor blood sugar levels regularly to avoid emergencies and treat them accordingly. Both are chronic diseases that can lead to high blood glucose levels and the development of serious long-term complications. People with type 1 produce too little insulin and people with type 2 do not respond to insulin or insulin resistance. Type 1 or juvenile diabetes affects about 10% of people worldwide and type 2 diabetes affects 90% of her people. People with type 1 diabetes, type 2 diabetes, or gestational diabetes are at risk of developing severe symptoms of COVID-19. People with health conditions already affected by diabetes may show the worst effects when exposed to SARS-CoV-2. If blood sugar levels are properly monitored and controlled, otherwise healthy people may not experience serious consequences from COVID-19. Therefore, it is important to control blood sugar levels and treat diabetes to avoid serious health complications.

As it is increasingly recognized, COVID-19 patients may develop new diabetes. For people who have not been diagnosed with diabetes early, it becomes a serious problem. Diabetic COVID-19 patients present with complications from new-onset hyperglycemia (hyperglycemia) and acute metabolic decompensation and are primarily hospitalized for treatment. New-onset hyperglycemia (hyperglycemia) has not yet been reported to be associated with other risk factors such as diabetes, prediabetes and obesity. The development of diabetes is prominently observed in patients with type 2 diabetes. This happens because you are on high-dose IV insulin therapy for insulin resistance. New-onset diabetes, common in patients severely infected with SARS-CoV-2 and those with long symptoms of her COVID after recovery.

Conclusion

Treatment of diabetes in its early stages is very important to avoid long-term effects. New diabetes or stress diabetes or stress hyperglycemia (Diabetes due to trauma). You may have lost a lot of weight due to an acute illness. After recovering from Covid, walking daily, eating a healthy diet high in fiber, reducing sugar intake by avoiding sugary drinks, and avoiding smoking and alcohol are the most important things for a person. 19 Individuals diagnosed with pre-diabetes during treatment should focus on diet and exercise plans recommended by nutritionists and physicians. This can help you maintain insulin sensitivity and a healthy weight while lowering your risk of developing type 2 diabetes, blood glucose levels should be monitored once every 3 to 12 months. If there is no improvement, consult a doctor to avoid an emergency.

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Conflict of interest

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