

Persons with obesity are more likely to develop type 2 diabetes

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Description

Diabetes is not a formal diagnosis. This means I have both obesity and type 2 diabetes. Together, these closely related conditions greatly increase the risk of heart disease, the nation's leading killer. Diabetes is a silent disease that can wreak havoc on the body if left unchecked. Obesity increases the chance of developing diabetes. Diabetes is a condition in which there is too much circulating glucose (sugar) in the bloodstream. Obesity also hastens the deterioration of diabetes. It is the job of the pancreas to control the level of glucose in the blood. The pancreas produces insulin, a hormone that removes glucose from the blood. Normally, insulin transports glucose to the muscles for immediate use as energy or to the liver for later storage. However, in diabetes, cells resist insulin's ability to transport glucose. To make matters worse, the area of the liver that normally stores excess glucose is filled with fat. It's like trying to furnish a room that's already full. An overweight person is about six times more likely to develop type 2 diabetes than a healthy weight person. However, not all obese people automatically develop diabetes. Some obese people can produce more insulin without overloading the pancreas, while others have limited insulin production, making obesity more likely to lead to diabetes increase.

Excess fat makes diabetes worse, so losing weight can greatly improve the condition. If you have diabetes, you can start taking drugs to make your pancreas produce enough insulin. But soon, and sooner, he'll need more than one drug for his diabetes. Treatment of obesity has always been closely associated with weight loss. This can be achieved through a variety of weight loss strategies, including lifestyle interventions (diet and exercise), pharmacological interventions, and bariatric surgery. Interestingly, there are gender differences

in these strategies around the world. While men prefer to exercise, women tend to participate in weight loss programs, take prescription drugs, and follow special diets. Losing as little as 5% to 10% of your total body weight can significantly improve type 2 diabetes. For example, if he weighs 200 pounds, that 5% of him is 10 pounds. Therefore, losing weight to 190 lbs will make a big difference to your health. Changing your diet or exercising more to lose weight can be difficult. But efforts to prevent serious complications of uncontrolled diabetes, such as heart disease, kidney failure, and nerve damage, will pay off.

Obesity is also believed to cause changes in the body's metabolism. These changes cause adipose tissue (adipose tissue) to release fat molecules into the blood, affecting insulin-responsive cells and leading to decreased insulin sensitivity diabetes the link between obesity and type 2 diabetes is well established. Without a healthy diet and proper exercise intervention, obesity can progress to his type 2 diabetes in a relatively short period of time.

Excess body fat is a risk factor for type 2 diabetes and can negatively affect a person's health in other ways. Maintaining a moderate weight is recommended to treat and possibly prevent diabetes. Strategies to achieve this include regular exercise, different meal plans, and portion size control.

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Conflict of interest

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