

Reasons for unexplainable weight loss among diabetics

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Introduction

Diabetics usually face insufficient insulin that prevents the body from storing glucose. Eventually the body will start burning muscle and fat for energy. This phenomenon is called diabetic rapid weight loss. There are many possible reasons for rapid weight loss, but one of the most popular is diabetes. Both type 1 and type 2 diabetes can be accompanied by abnormal weight loss in patients, among other signs and symptoms. Type 1 and type 2 diabetes are characterized by decreased insulin production, or decreased body response to adequate levels of insulin. Insulin is responsible for transporting glucose from the blood to all body tissues and cells for energy. In diabetes, blood sugar levels remain high, but tissues and cells cannot absorb glucose from the blood.

There are two reasons for unexplained weight loss in diabetics. Without glucose as an energy source, cells and tissues begin to consume stored fat and muscle mass to meet their energy needs, and excess blood sugar is excreted from the body through urine, resulting in a loss of calories.

Description

People often ask whether diabetes leads to weight loss, searching online for diabetes weight loss answers, or whether type 1 or type 2 diabetes can lead to weight loss. The answer is that both type 1 and type 2 diabetes can lead to weight loss, which is more common in type 1 diabetes. They are often brought to the doctor by their parents who are sick. Weight loss in type 2 diabetes is also associated with more complications. Insulin is prescribed when diabetes is one of the main reasons he is losing weight. Depending on the type, course, and history of diabetes, patients may be prescribed other drugs such as metformin. Controlling blood sugar makes it easier to control weight loss. It is recommended that you consult your doctor as soon as you notice any unexpected weight loss. This can manifest as changes in clothing size, lethargy, and weakness. Unintentional weight loss is when she loses more than 5% of her body weight in 6-12 months without intervention. Therefore, in both cases cells are un-

able to metabolize glucose which is broken down by cells as an energy source. Food is scarce because cells are starved of glucose and are losing energy. This causes your cells to think you are starving (even if you just ate) and signals your brain to start breaking down fat and muscle in your body to provide energy. Unexplained weight loss can be a symptom of people with type 2 diabetes, but it is more common in people with type 1 diabetes.

Another reason diabetes can lead to weight loss is that your kidneys start working harder to produce more urine and get rid of high blood sugar levels in your body. If you don't replace the lost water, you will become dehydrated. It also deprives the cells of water and increases urine, which is harmful to the cells. This allows the kidneys to use even more energy, which also contributes to weight loss.

Conclusion

Hyperthyroidism (high levels of thyroid hormone) is another possible link between diabetes and weight loss. It's well known that people with diabetes are more likely to develop thyroid disease than people without diabetes. The thyroid gland is the gland that controls the body's metabolism. With hyperthyroidism, your body produces excess hormones, leading to weight loss.

Even if you don't have symptoms of weight loss, consider seeing a doctor if you experience any of the above symptoms. It is recommended that you consult your doctor as soon as you notice any unexpected weight loss. This can manifest as changes in clothing size, lethargy, and weakness. Involuntary weight loss is loss of 5% or more of body weight over 6-12 months without intervention.

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Conflict of interest

The author has nothing to disclose and also state no conflict of interest in the submission of this manuscript.

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