

# Understanding the Diabetes health disease and its medication

Kyoko Nomura\*

While there are various sorts of diabetes, they all originate from the body's powerlessness to manage glucose. At the point when we eat food, the body transforms it into glucose (sugar) which furnishes us with the energy we want to work. Notwithstanding, insulin is important to carry that glucose from our blood to different pieces of our body. At the point when an individual has diabetes, either the beta cells in their pancreas produce no insulin (type 1 diabetes) or the beta cells don't make sufficient insulin to defeat the way that the phones in their muscles, fat, and liver don't react to insulin appropriately (a circumstance called insulin opposition, which is found in type 2 diabetes). The outcome of lot of sugar stays in the circulatory system, which over the long haul can have perilous results that incorporate nerve harm, vision misfortune, and kidney disappointment. Be that as it may, to sort out the best treatment plan, you want to realize what kind of diabetes you're managing. Insulin is the most widely recognized sort of medicine utilized in type 1 diabetes treatment. In the event that you have type 1 diabetes, your body can't make its own insulin. The objective of treatment is to supplant the insulin that your body can't make.

Insulin is likewise utilized in type 2 diabetes treatment. It's given by infusion and comes in various kinds. The kind of insulin you really want relies upon how serious your insulin consumption is. Diabetes is a sickness wherein your blood glucose, or glucose, levels are excessively high. Glucose comes from the food sources you eat. The

cells of your body need glucose for energy. A chemical called insulin assists the glucose with getting into your phones. With type 1 diabetes, your body doesn't make insulin. With type 2 diabetes, your body doesn't make or utilize insulin well. Without enough insulin, glucose can't get into your cells as fast not surprisingly. The glucose develops in your blood and causes high glucose levels.

Gestational diabetes is a kind of diabetes that happens just during pregnancy. Gestational diabetes can cause medical conditions in both mother and child. Dealing with your diabetes can assist with safeguarding you and your child. Certain individuals with type 2 diabetes can deal with their illness by settling on good food decisions and being all the more genuinely dynamic. Many individuals with type 2 diabetes need diabetes prescriptions also. These meds might incorporate diabetes pills or meds you infuse under your skin, like insulin. On schedule, you might require more than one diabetes medication to control your blood glucose. Regardless of whether you take insulin, you might require it at unique times, for example, during pregnancy or on the other hand assuming that you are in the medical clinic. Blocks compounds that assist with processing starches, easing back the ascent in glucose. It has a place with a gathering of medications called "alpha-glucosidase inhibitors." Side impacts for these sorts of medications incorporate stomach upset (gas, loose bowels, queasiness, cramps).

*Kyoko Nomura. Department of Environmental Health Science and Public Health, Akita University Graduate School of Medicine, Akita, Japan.*

*Corresponding author: Kyoko Nomura*

*E-mail: nomurakyoko@gmail.com*