

What are symptoms of diabetes ?

Diabetes Type 1:

In type 1, the pancreas stop producing insulin due to autoimmune response or possibly viral attack on pancreas. In absence of insulin, body cells don't get the required glucose for producing ATP (Adenosin Triphosphate) units which results into primary symptom in the form of nausea and vomiting. In later stage, which leads to ketoacidosis, the body starts breaking down the muscle tissue and fat for producing energy hence, causing fast weight loss. Dehydration is also usually observed due to electrolyte disturbance. In advanced stages, coma and death is witnessed.

Diabetes Type 2:

Increased fatigue : Due to inefficiency of the cell to metabolize glucose, reserve fat of body is metabolized to gain energy. When fat is broken down in the body, it uses more energy as compared to glucose, hence body goes in negative calorie effect, which results in fatigue.

Polydipsia : As the concentration of glucose increases in the blood, brain receives signal for diluting it and, in its counteraction we feel thirsty.

Polyuria(Frequent urination): Increase in urine production is due to excess glucose present in body. Body gets rid of the extra sugar in the blood by excreting it through urine. This leads to dehydration because along with the sugar, a large amount of water is excreted out of the body.

Polyphagia : The hormone insulin is also responsible for stimulating hunger. In order to cope up with high sugar levels in blood, body produces insulin which leads to increased hunger.

Weight fluctuation : Factors like loss of water (polyuria), glucosuria , metabolism of body fat and protein may lead to weight loss. Few cases may show weight gain due to increased appetite.

Blurry vision Hyperosmolar hyperglycemia nonketotic syndrome is the condition when body fluid is pulled out of tissues including lenses of the eye, which affects its ability to focus, resulting blurry vision.

Irritability : It is a sign of high blood sugar because of the inefficient glucose supply to the brain and other body organs, which makes us feel tired and uneasy.

Infections : The body gives few signals whenever there is fluctuation in blood sugar (due to suppression of immune system) by frequent skin infections like fungal or bacterial or UTI (urinary tract infection).

Poor wound healing : High blood sugar resists the flourishing of WBC, (white blood cell) which are responsible for body immune system. When these cells do not function accordingly, wound healing is not at good pace. Secondly, long standing diabetes leads to thickening of blood vessels which affect proper circulation of blood in different body parts.

Can diabetes be cured?

Diabetes is an insidious disease. In fact, moderately high levels of blood glucose (180-200 mg/dl) produce no symptom and may go unnoticed for many months or even years. Most patients with Type 1

diabetes pass large volumes of urine, experience an increase in the frequency of urination, undue thirst and hunger, and rapid weight loss. These symptoms provide clues to the diagnosis of diabetes.

Men and women with type-2 diabetes may not have the above symptoms. Some of them may experience an increase in the frequency of urination and abnormal thirst. They may however feel tired, irritable, lack concentration at work, proneness to infection, delay in wound healing, intense itching and need for frequent change of eye glasses.

At the age of 45yrs or later, if you foresee the risk of developing diabetes, get your fasting blood glucose test, 2-hrs after a drink of 3.527 oz of glucose, at least once a year. Blood glucose values of 200mg/dl and higher would suggest the diagnosis of diabetes mellitus.

Diabetes cannot be cured completely, but can be effectively controlled. People with diabetes can lead a healthy life if, their blood glucose level is under control. The decrease in life span of a diabetic is restored to normal by maintaining good blood glucose control (90-130 mg/dl at fasting and with less than 180 mg/dl 2hrs after meals).

Sometimes, patients may not need any tablet/insulin or, even diet control to keep their blood glucose in control. This period is called honeymoon phase (in Type-1 diabetes). The duration may vary from a few days to over six months. Some patients mistake this for cure of diabetes

Glucocare is one of the finest medicine without any side effect to regulate blood sugar level. The ingredients in the **GLUCO Care** are listed below:

Gymnema Sylvestre :

Gymnema sylvestre, also known as Gurmar, Meshasringi and Cherukurinja, is popular as “sugar destroyer”. The leaves of the plant are dried and pounded together with coriander fruit, and then the juice is extracted to be given orally for remedying diabetes. In India, the herb is primarily being used to treat type II diabetes. It is also being found in over-the-counter weight loss products and blood sugar balancing formulas.