

An informative essay on diabetes

Modern life provides better living conditions, but also brings no less depressing. Diseases in humans more, there are very dangerous diseases, but medicine is still the solution, one has to mention diabetes. In the past few decades, diabetes is one of the ten major causes of death in most countries around the world. According to the world Diabetes Federation, diabetes(also called diabetes mellitus) has claimed the lives of 4.6 million people each year. Do you want to understand clearly about how to know diabetic symptoms and how to prevent it?

There are some useful information for you. First of all, increased urination at night, hunger, thirst, rapid weight loss, limbs inflammation, blurred vision, and fatigue are the first warning signs of the diabetes's presence. Although diabetes is classified as a dangerous disease, many patients are indifferent to, or even belittle the disease. A testament to this problem: "two thirds of people with diabetes do not know they have diabetes". Moreover; Vietnam is not a country with the largest percentage of the world's diabetes, however diabetes in Vietnam, the world's fastest growing.

This reality shows that diabetic patients in our country tends to younger, usually between the ages of 30-65, especially 9-10 years of age only. Today, with modern medicine, though diabetes is not still completely cured, if patients are detected early and treated properly, which can greatly reduce the unfortunate complications for patients and help them to live with this cruel disease.

Therefore, when the body has diabetes symptoms, you should see your doctor and check your blood sugar to be timely support. Secondly, what will we do to prevent the symptoms of diabetes?. Currently, diabetic treatments were only added support for the patient to reduce blood's sugar, complications and limitations. It can not be cured, so diabetes needs lifelong treatments. Besides using the medication, patients should learn to take the diet, appropriate exercise to reduce the progression of the disease and to prevent complications.

In addition, maintaining stable blood's sugar helps to prevent the dangerous complications with the use of drugs and diabetic treatments, so the patients should have a scientific lifestyle. Don't eat lots of foods to increase your blood's sugar such as rice, oily foods, confectionery. Along with that the patients should provide with the minerals such as iron, calcium, zinc, magnesium, the B, A, E vitamins, the antioxidants such as beta-carotene, chlorophyll, phycocyanin, and no fat, sugar, starch foods.

To sum up,diabetes is a serious disease, it is not only destroying the health of patients, but also causing severe damage to economically patient's family, especially when the patient happens cardiovascular complications, loss of vision leading to blindness, and limb gangrene, coma and so on. To have a good health, we should adopt a diet and reasonable exercise. Moreover; we should also prevent more than treat disease.