

The most obvious signs of diabetes

Diabetes is given the name 'silent killer', because progress is usually not evident to help a definitive diagnosis.

Today, modern life, eating habits as well as poor health, make many dangerous diseases increasing such as obesity, liver cancer, fatty liver, . And in The number of these diseases, it is impossible not to mention diabetes or diabetes. This is a quite dangerous and common disease in modern life today. This disease usually has no way to treat it, and the patients must live with it. To prevent this disease, we first need to know the signs of the disease to have timely treatment, otherwise the disease will lead to unpredictable complications.

Here are some signs of common diabetes seen in both patients with type 1 diabetes and patients with type 2 diabetes:

1. Patients often feel thirsty



This is quite a noticeable thing in diabetic patients. When sick, people often urinate a lot, thus losing a lot of water, making us feel thirsty.

2. Urinate more than usual



A lot of urination can also be due to drinking too much water. Besides, urinating may also be due to the fact that in our blood there are many sugars that need to be excreted by the urine. Therefore we will urinate continuously. For diabetics, there is often sugar in the water, so there are often a lot of things around when urinating.

3. Abnormal weight loss



If we do not take a diet that weighs down dramatically without a reason, it should be noted that you may be suffering from diabetes. Because when the body loses its ability to absorb glucose and urinate frequently, diabetic patients (usually type 1 diabetes) are prone to rapid weight loss.

4. Feeling fast and easy to gain weight



In addition to sudden weight loss for no reason, the other side of the reaction is weight gain and always feels appetite, especially sweet, high sugar foods. This can also be considered a basic sign of diabetes.

5. Always feeling tired and dizzy



Most people with diabetes often do not have the ability to use glucose in their own food to meet the daily activities of the body, making the body lacking in energy, which is the main cause of patients. Always feeling tired and uncomfortable.

6. Always feel numb or itchy on the head and legs



Symptoms such as numbness and tingling of the extremities occur frequently in people with diabetes and pain and inflammation. If this condition is not controlled promptly, it will affect permanent nerve damage and other serious disorders.

7. High blood sugar



Blood glucose meter is one of the monitoring and tracking devices for home diabetics

If hyperglycemia is elevated or exceeds the safety limit (> 7 mmol / L) over a long period of time, chronic complications such as cardiovascular and neurological damage may occur; kidney damage or kidney failure; damage to the retinal blood vessels leading to blindness; Cataract; foot disease; skin problems, including

infections, fungal infections, and difficult wounds; Tooth damage and gum infection .

If blood sugar rises too high (> 20 mmol / l) is not treated promptly, it can cause many acute acute complications that cause coma, or even death.

8. Sexual disorder



When diabetic, not only does it pose a health risk, it also causes sexual disorder. For men, if you have diabetes, you will often develop erectile dysfunction and reverse ejaculation. In women, the vagina will dry out, reduce or lose sexual response. So, to reduce the risk of sexual and urinary disorders. Try to keep blood sugar, blood pressure, and blood cholesterol as close to normal as possible. Regularly exercise and maintain normal weight. Stop smoking.

9. Fungus and itchy skin

Bacteria, viruses, fungi thrive in environments with high blood sugar, and infections are common. Candida vaginal infections, fungal skin infections, urinary tract infections are common signs in diabetic patients.

10. Eye damage



When diabetic, will make health decline, especially visual health. This causes our eyes to become blurry, if we don't control the blood sugar level, it will cause complete vision loss.

11. Effects on the nervous system



When blood sugar rises, it makes it difficult for the body to transport oxygen and nutrients to nourish nerve cells, causing weakened neurons to cause manifestations like a grumpy patient. , insomnia, confusion . hands and feet are numb, feeling pain is poor.

12. A long wound heals

BÀN CHÂN NGƯỜI BỆNH ĐÁI THÁO ĐƯỜNG



Too high blood sugar makes it difficult for white blood cells in the blood to make the wounds open and heal more often. Also, because the blood sugar level is too high, thickening the walls of blood vessels hinders the transport of oxygen and nutrients to the body's tissues. This is a sign of typical diabetes.

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