

Article

THE RELATIONSHIP BETWEEN OBESITY AND DIABETES

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Abstract: This article explains what diabetes mellitus is, its causes, clinical symptoms, the first and second types and the relationship between diabetes and obesity. It also highlights the importance of a healthy lifestyle in effectively managing the disease. This topic is highly relevant, as many people suffer from excess weight and the problems associated with it. My goal is to help people in this regard and promote a healthy lifestyle. I wish that people would not be indifferent to their own health and the health of their loved ones, that they stay away from harmful habits and embrace good ones.

Keyword: Diabetes Mellitus , Insulin , Overweight , Healthy Lifestyle , Hyperglycemia

Introduction

Diabetes mellitus – is an endocrine disease characterized by a chronic disorder of carbohydrate metabolism, and today it is considered an important medical and social problem that is widely spread around the world [1]. The disease develops as a result of insulin deficiency or a decrease in its effectiveness, which leads to a constant increase in the level of glucose in the today [2].

When hyperglycemia persists for a long time, blood thicken and dysfunction of small and large blood vessels are observed. This condition causes damage to vital organs such as the heart, kidneys, eyes, and nervous system. Therefore, early detection of diabetes mellitus, proper management and prevention are among the urgent tasks of modern medicine [3-4].

Material And Method

The article was written un a generalized analytical style. It examined, information from textbooks academic materials and open scientific sources on diabetes mellitus. The types of the disease, its clinical manifestations, its association with abesity, and preventive measures were analyzed using a comparative method.

Based on the analysis of the data, the roles of type 1 and type 2 diabetes, excess body weight, and lifestyle in the management of the disease were highlighted.

Result

According to the results of the analysis, diabetes mellitus is divided in two main types [5].

Type 1 diabetes usually begins in childhood, develops rapidly , and is characterized by insufficient insulin production [6]. The following symptoms are observed in this type;

- Decreased appetite
- Weight loss
- Excessive thirst and dry mouth

- Frequent urination
- Pain in the heart area [7-8]

Type 2 diabetes develops gradually and is often associated with excess body weight, genetic predisposition, and insulin resistance. In this type, the disease may remain asymptomatic for a long time [9].

Excess body weight increases insulin resistance and significantly raises the risk of developing diabetes. The main solution is to reduce body weight, maintain proper nutrition and control blood sugar levels through physical activity [10]. In severe cases, bariatric surgery can be helpful.

Insulin resistance: Excess adipose tissue, especially abdominal (visceral) fat, reduces the sensitivity of cells to insulin, which leads to an increase in blood glucose levels [11-12].

Diabetes associated with obesity can lead to cardiovascular diseases, metabolic syndrome, and other serious complications [13].

Treatment and control measures:

Even a 5-10% reduction in body weight can help improve blood sugar levels. Reducing sweets and processed foods while increasing the intake of fiber-rich foods [14]. Regular exercise improves insulin sensitivity. If diet and physical activity are not effective, surgical intervention may be used to reduce weight and manage diabetes [15].

Discussion

The studied data show that improved nutrition, a sedentary lifestyle, and hereditary factors play an important role in the development of diabetes mellitus. In particular, type 2 diabetes is closely associated with a modern lifestyle.

Adhering to preventive measures, including healthy eating, increasing physical activity, and maintaining a normal body weight, significantly reduces the risk of developing diabetes. Early detection of the disease makes it possible to prevent severe complications.

Conclusion

Diabetes mellitus is a chronic disease that requires continuous medical supervision and personal discipline. Regular monitoring of blood glucose levels, strict adherence to medical recommendations and proper drug therapy are the key factors for effective disease management.

Diabetes is not a sentence, but a condition that requires reconsideration of one's lifestyle. With proper attention to health and a responsible approach, it is possible to live a full life with this disease.

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