

Diabetes Symptoms, Causes, Existing Treatment Methods

Results

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ABSTRACT

In India the treatment for diabetes is not with the cure but with the management. The poor treatment conditions and diabetic patient care leading to face 1 million deaths every year in the country. The management of diabetes is creating the dogma in the patients that their diabetes under control but it is leading to serious complications with macrovascular, microvascular diseases. The paper presents the undisputed facts about the diabetic care, diagnosis methods, treatment with prolonged medication which is leading to serious complications and death. The paper compares the treatment and patient care methods with the developed countries revealed in the updates to the standards of medical care in diabetes -2018 by ADA. The paper suggests improvements and updations of standards and innovative ways to find the solution for curing the diabetes. The paper expressed the deep condolence to the everyday causing deaths due to diabetes since decades.

Key words: Type -2 diabetes mellitus, serious complications, treatments, standards.

1. INTRODUCTION

Diabetes can be distinguished as metabolic-cum-vascular syndrome characterized by important insulin resistance with varying degrees of insulin secretory defect. It is known as a progressive disease along with central

obesity, dyslipidaemia and hypertension often found in the middle age group of people[1]. According to the American Diabetes Association Diabetes is a managed with the good treatment which includes proper medication, diet and adequate exercise [2]. According to the advocacy standards diabetes can be diagnosed with the help of blood sugar level of the patient. If it is greater than 125 in the fasting it can be treated as the patient is affected by diabetes. It can be prevented in four stages these are primordial prevention to prevent normal glucose tolerance, Primary prevention to prevent prediabetes IGT/IFG, Secondary Prevention to prevent clinical diabetes, Tertiary prevention to prevent complications, disability and even death. If the patient is not properly treated and achieve the tertiary prevention the diabetes can progress and affect the heart, kidneys, brain, eyes and leads to death [1]. Diabetes treatment is not refined with curable state. The existing medicines are trying to suppress the blood sugar symptoms not diabetes [3]. The researchers are under progression in the direction of suppressing the external diagnosis results but not in the direction of providing the permanent cure for the disorder with accurate treatment.

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It is highly solicited by the entire world that the researchers should pave the way to achieve the curable treatment for diabetes with proper solution. The research is essentially needed to increase the antidiabetic agents. Several studies evidently presented the dietary restrictions and bariatric surgery have successfully reset the metabolism to cure diabetes. It is an undisputed fact that the treatment with medication is suppressing the blood glucose levels not for the cure of type 2 diabetes mellitus [4].

ADA and ICMR guidelines are directly or indirectly providing the management of diabetes with the help of metformin and insulin and other medication. Metformin is the drug which controls the blood sugar levels not diabetes. It has been the practice of allopathy therapy since 1950. It has been taken off from the US market because of its ill effects and concerns over lactic acidosis. The drug usage was proved safe and continued in the subsequent years. But it is hiding the real diabetes existence in the body [5]. This is leading to the brooding of the diabetes inside the body and leading to different directions to destroy the predominant organs of the body. The long-term treatment with medication to suppress the blood sugar levels with the progressive dosages of metformin and insulin is not curing the diabetes and indirectly causing the deaths with cardio vascular diseases, Kidney failures, blindness with diabetic retinopathy [6].

2. DIABETES SYMPTOMS

The symptoms of diabetes can be distinguished when the wounds are not curing

with in the normal due course and taking delay, when the person is experiencing the recurrent urogenital infections, osmotic symptoms, polyuria, polydipsia symptoms, tiredness, weakness, weight loss in spite of polyphagia. It is also observed that more than 50 per cent of the people will not have any symptoms but it will be revealed in other tests done for other complications. It can be identified when Fasting Blood Sugar is greater than 125 mg/dl and Post Pinnular blood sugar is more than 200 mg / dl. It is also observed that when random plasma glucose is greater than or equal to 200 mg/dl [1].

According to American Association of Clinical Chemistry and American Diabetes Association, if Glycated haemoglobin (Glyco-Hb) or HbA1c is recorded with more than 6.5%, then it can be considered as the person is affected by diabetes [7]. According to the American College of Physicians recommendations HbA1c level can be 7-8 % considered to be threshold value for identification of diabetes [8].

3. EXISTING TREATMENT

The treatment process is observed to be very poor in India. Every diabetes center is rich with blood glucose measurement but HbA1c estimation and examination, lipid examination and foot care are missing in most of the hospitals. The physicians are treating with antidiabetic drugs like metformin, insulin and statins are used. Some of the centers are maintaining dietitians' services and suggesting carbohydrates intake with short intervals. Routine follow-up is lacking with all diabetic care centers in India. Though they are providing treatment with medication to

manage the sugar levels, a wide range of gap between the effective diabetes management practices and their implementations [9]. Due to poor treatment facilities and practices comparatively the death rate in India due to diabetes is more than US and China. One in every 15 deaths is identified as the root cause of diabetes. The key issue is lack of awareness generation to the patients is leading to increase of risk and leading the chronic complications with damage of prime organs in the patients. This has been observed in the clinics in India are filled with great gap between the patients and doctors in treating and doing follow-up to reduce the chronic risk factors and deaths. Providing the consultation with medication is highly observed in Indian diabetes centers. They are not providing the importance of healthy lifestyles, suggestable diet, need for physical exercises, precautions towards the viral infections, suggestions to avoid toxic chemical substances, intake of excessive alcohol and stress relieving techniques to the patients [10]. When the treatment is limited to diagnosis and prescription of medicine how the diabetes can be controlled and managed in India. The over population is another cause for allocation of limited time to the diabetes patient by the doctors. The most important factor to have lack of proper treatment to the root level patients under poverty line is cost of metformin and insulin is expensive affair. It is estimated to bear the burden of an expenditure of Rs.41,998 (direct cost of Rs.15,096/- and indirect cost of Rs.26,902/-) to each patient. Another serious key issue is effective patient-physician communication in the management of diabetes [11].

The existing treatment is associated with carbohydrate food such as polished rice, refined wheat with small intervals. The doctors are suggesting wheat instead of rice. Infact both are carbohydrates. The treatment is aggravating the diabetes with the food and suppressing the symptoms with the metformin and insulin. This is the daily cycle to manage the blood sugar levels. They don't suggest and insist the patient to stop carbohydrates consumption and no medicine is prescribing to cure diabetes. Infact Vitamin C and Omega 3 are playing vital role in the treatment of Liver. The Indian doctors are not providing treatment for liver but suppressing the external symptoms which can be traced by the clinical diagnosis [12]. The doctors should realize the fact and insist the patients with no carbohydrate diet, adequate exercise with walking and if possible, medication with Vitamin C and Omega3.

4. DIABETES CAUSES

More than 40 percent of the diabetes patients are encountered with the deaths with the Diabetic Kidney Failures. Diabetic Kidney disease is caused by glomerular hyperfiltration, declining GFR and progressive albuminuria. The metabolic changes associated with long term diabetes is the root cause of the glomerulosclerosis and tubulointerstitial inflammation and fibrosis. The treatment system with allopathic drugs is not curing the diabetes and leading to the CKD, Cardiovascular diseases and other serious complications like gangrene, diabetic retinopathy etc [13].

It is a well-known fact that the diabetic patients are facing a life time risk of 86 % in

the urban areas and metropolitan cities of India. The existing treatment for diabetes could not stop the deaths 1,010,262 every year in India. Though the patients are spending Rs.27,205 million of rupees the deaths could not be controlled. It is evident that the deaths are due to diabetes and its subsequent generated diseases [14]. The management of diabetes is leading to complications of microvascular and macrovascular. Microvascular complications are namely Nephropathy, retinopathy, neuropathy. Macrovascular complications are namely coronary artery disease, cerebrovascular diseases, silent heart failures, peripheral artery diseases. Source from international diabetes federation 2019 [15].

5. RESULTS

Diabetes diagnosis should be measured with HbAc reading. In India the reading is not the prime parameter for providing the treatment by the Indian Doctors [1]. The Indian doctors are not providing adequate patient care by suggesting the exercise, diet and follow-up [16]. They simply follow the fasting blood glucose levels and prescribing the medication. Though the root cause for blood sugar traces is carbohydrates, the treatment is associated with the carbohydrate's food in association with the metformin and insulin. The prolonged diabetes management with the medication and inappropriate diet leads to landing with Microvascular disorders and Macrovascular disorders. In addition to that the patients are experiencing deaths due to other serious complications [13]. The average diabetic patient is spending Rs.41,998 per year on diabetes management. Though the amount of Rs.27,205 million is spent one million deaths

every year inevitable. It is highly astonishing fact the Indian diabetic treatment is not updated with norms of international diabetes federation 2019.

6. CONCLUSION

The paper proved that the diabetes treatment in India is not for cure but for management. The urban life styles are becoming the life threats to the population and leading to the diabetes. Type 2 diabetes mellitus is leading to different complications namely Microvascular disorders (Nephropathy, Retinopathy, neuropathy), Macrovascular disorders (coronary artery disease, cerebrovascular disease, hearth failure, peripheral artery disease). The treatment of diabetes is providing to the patients with poor quality. The dietary habits are need to be improvised in association with adequate exercise. The paper presented the existing treatment, deaths associated with the diabetes to generate the rethinking and revision of diabetic treatment and patient care in India.

7. FUTURE SCOPE OF STUDY

The condition of diabetes patients is so pathetic with the management of medication in association with carbohydrates. A great deal of study and research is invited by all types of health care systems such as Ayurveda, Allopathic, Homeopathic, Unani and others to concentrate on the research dietary protein metabolic fat diet which is showing abnormal results in the United States of America. The Indian medical treatment methods are need to be upgraded with the sophisticated treatment methods in association with the latest protein metabolism process of reversing the insulin resistance. Reversal of Insulin resistance with

ketogenic diet and other dietary supplements with adequate exercises are need to be followed. The good old treatment standards are need to be changed and upgraded with the innovative treatments and good patient care in India to stop millions of deaths due to diabetes.

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