



Treatments for Type 1 and Type 2 Diabetes: Monitoring Blood Sugar Levels and Insulin

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DESCRIPTION

Treatment for type 1 diabetes entails insulin injections or using an insulin pump, frequent blood sugar checks, and carbohydrate counting. For a few human beings with type 1 diabetes, pancreas transplant or islet mobileular transplant can be an option. Treatment of type 2 diabetes primarily entails life-style modifications, tracking of your blood sugar, together with oral diabetes drugs, insulin or both. Monitoring your blood sugar: Depending to your remedy plan, you could test and file your blood sugar as many as 4 instances an afternoon or extra regularly if you are taking insulin. Careful tracking is the simplest manner to make certain that your blood sugar stage stays inside your goal range. People with type 2 diabetes who are not taking insulin commonly test their blood sugar plenty less regularly. People who get hold of insulin remedy additionally can also additionally select to reveal their blood sugar degrees with a non-stop glucose reveal. Although this technology hasn't but absolutely changed the glucose meter, it may decrease the quantity of finger sticks essential to test blood sugar and offer vital information approximately traits in blood sugar degrees. Even with cautious management, blood sugar degrees can now and again extrade unpredictably. With assist out of your diabetes remedy team, you will find out how your blood sugar stage modifications in reaction to food, bodily activity, medications, illness, alcohol and stress. For women, you will find out how your blood sugar stage modifications in reaction to modifications in hormone degrees. Besides every day blood sugar tracking, your issuer will probable advocate ordinary A1C trying out to degree your average blood sugar stage for the beyond 2 to 3 months. Many varieties of insulin are available, inclusive of short-performing (everyday insulin), rapid-performing insulin,

and long-performing insulin and intermediate options. Depending for your needs, your issuer might also additionally prescribe a combination of insulin kinds to apply throughout the day and night. Insulin cannot be taken orally to decrease blood sugar due to the fact stomach enzymes intervene with insulin's action. Insulin is regularly injected the use of a fine needle and syringe or an insulin pen which is a tool that looks as if a huge ink pen. An insulin pump additionally can be an option. The pump is a tool approximately the dimensions of a small cellular phone worn at the out of doors of your frame. A tube connects the reservoir of insulin to a tube (catheter) it's inserted below the pores and skin of your abdomen. A non-stop glucose screen, at the left, is a tool that measures blood sugar each few minutes the use of a sensor inserted below the pores and skin. An insulin pump, connected to the pocket, is a tool it's worn out of doors of the frame with a tube that connects the reservoir of insulin to a catheter inserted below the pores and skin of the abdomen. Insulin pumps are programmed to supply unique quantities of insulin constantly and with food. A tube-less pump that works wirelessly is likewise now available. You application an insulin pump to dispense unique quantities of insulin. It may be adjusted to provide out extra or much less insulin relying on meals, activity degree and blood sugar degree.

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CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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