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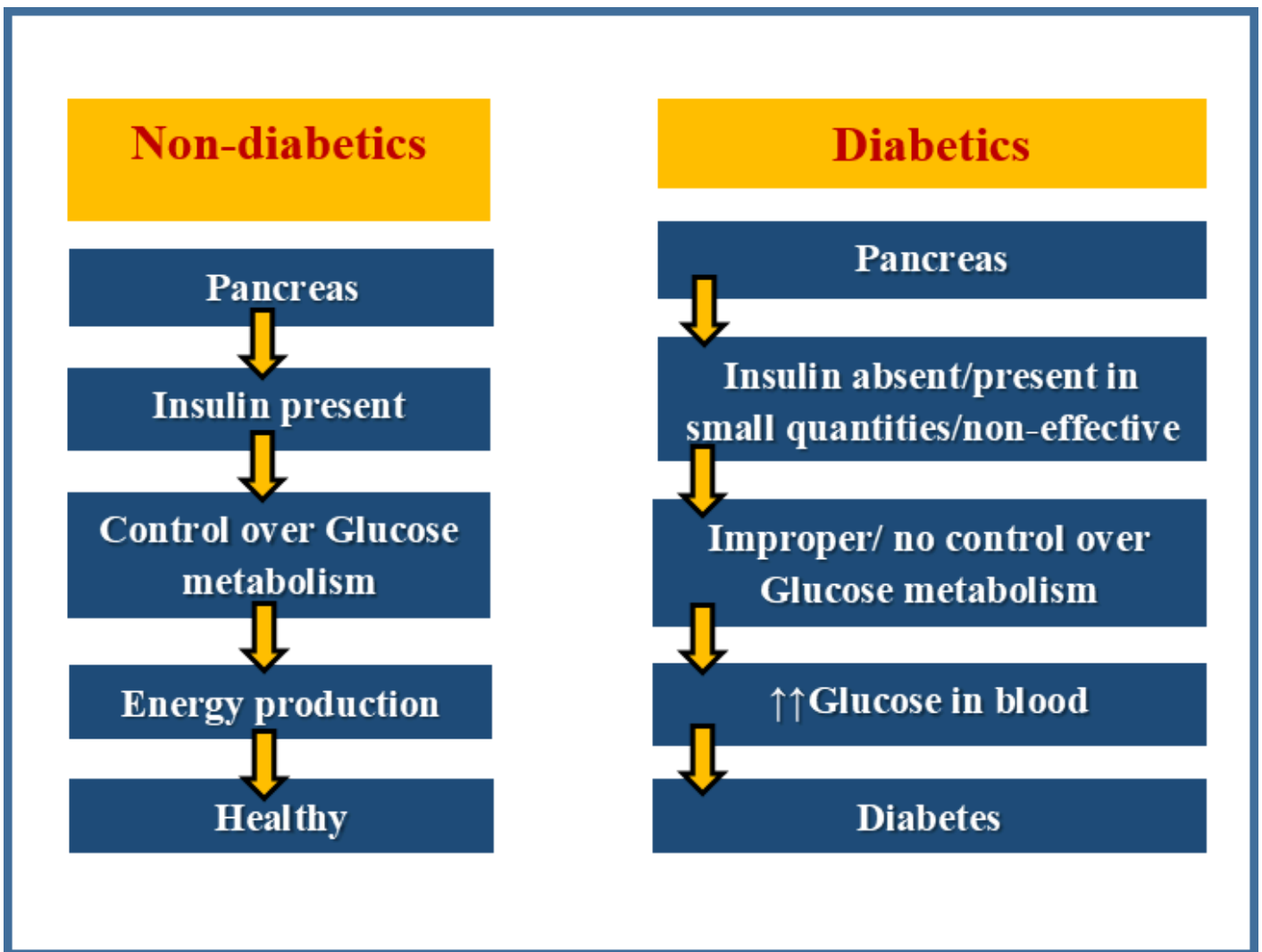
Learn about diabetes

What is diabetes?

After digestion of the sugary part of the food we eat, most of it enters the blood as glucose. And the body cells take glucose from the blood to produce the necessary energy. Most body cells are dependent on a hormone called insulin to take up this glucose. Diabetes is a disease caused by a problem with insulin. If insulin is low or ineffective, most cells in the body lack glucose and the amount of glucose in the blood increases. This overall condition is diabetes mellitus.

Why does blood glucose increase?

A hormone called insulin is released from a gland called pancreas. If this insulin is low or ineffective for any reason, the amount of glucose in the blood increases and the excess glucose is excreted in the urine. A comparison of a diabetic patient with a normal person can be illustrated by:



• Both genetic and environmental factors are generally responsible for diabetes. Diabetes is not contagious.

What are the symptoms of diabetes?

- Frequent urination
- Excessive thirst
- Getting more hungry
- Weight loss despite eating enough
- Feeling tired and weak
- Delayed wound healing
- Poor vision in the eyes
- Appearance of skin diseases like scabies, boils etc

