

Adult Diabetes Symptoms - 10 Simple Signs You Need To Be Aware Of

Diabetes is one of the most common diseases that affect many adult Americans. Specifically, it accounts for about 90% of all diabetes cases; about 6% of the United States population. This condition can be life-threatening; therefore it is important to be aware of the adult diabetes symptoms.

Recognizing the signs and symptoms allow you to seek medical attention immediately- before progression. Adult diabetes can be easily managed; however, the longer an individual has adult diabetes, the more likely there will be a need for extensive medication management.

Diabetes is a disorder that occurs when the body's ability to use digested food for growth and energy is impaired. The digested food is broken down into blood sugar or glucose. This blood sugar provides a main source of fuel for the body.

The glucose passes into the bloodstream with the assistance of a hormone called insulin. Insulin is produced by the pancreas, helps the glucose travel through the body's beta cells, and subsequently converted into energy. This is why insulin is vastly important.

The body cannot function fully when it builds up in the bloodstream; thereby losing the main source of fuel. The adult diabetes or type 2 diabetes develops when the pancreas does not make enough insulin to keep blood glucose at normal levels.

Adult diabetes symptoms are steadily growing as it is strongly linked with increasing numbers of elderly patients, family history of diabetes, and the lack of physical activity. Obesity rates are increasing and 80% of these cases are obese. Sadly enough, this is one of the most significant risk factors for developing adult diabetes.

Diabetes causes your blood sugar levels to increase or drop too low. The complex and disturbing reality of this condition is that it is often a part of a metabolic syndrome that encompasses obesity, high blood pressure, and high levels of blood lipids. The disappointing news is that people with type2 diabetes develop insulin resistance.

Meaning, after time, insulin production declines significantly. The good news is that any individual suffering with adult diabetes has an amazing opportunity to reverse the affects and symptoms of the condition.

Adult diabetes symptoms generally occur gradually and more insidious. Undiagnosed type 2 diabetes may first experience symptoms that complicate the disease such as retinopathy (blurred vision) or neuropathy (foot pain).

Healthcare professionals often prescribe oral medications and/or insulin injections to control or manage the symptoms.

However, adult diabetes can be cured and overall health is improved by implementing simple healthy life- style changes. The treatment goal is to keep the blood sugar levels at an acceptable range. It is recommended that you understand a sign for diabetes and how to treat it.

Be proactive with life-style changes, to include a diabetic diet plan, physical activity, and weight management. Adult diabetes symptoms include

1. Fatigue
2. Frequent urination
3. Slow healing wounds or sores
4. Increased thirst
5. Increased appetite
6. Tingling or burning pain in feet hands, legs
7. Impotence in men
8. Blurred vision
9. Deep rapid breathing
10. Nausea or vomiting