

# Type 2 diabetes as autoimmune disease

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Diabetes is a chronic condition related to the unusually high amounts of (sugar) glucose in the blood. Insufficient production of insulin or its absence in the blood leads to diabetes. This can result in diabetes type I which depends on insulin or diabetes type II, which does not depend on insulin. Diabetes II, initially known as non-insulin-dependent or adult-onset, is a chronic condition that affects the way the body metabolizes glucose (sugar). In diabetes II, the body resists the effects of insulin or does not generate enough insulin; hence, unable to maintain a normal glucose level (Fox and Kilvert, 24).

There are several effects that arise from Diabetes II. They include nerve damage, eye damage, heart disease and kidney damage. Also, diabetes quickens the narrowing and hardening of arteries, which usually leads to coronary heart disease and strokes. Diabetic people have higher mortality rates due to complications that result from diabetes than non-diabetic people.

According to Fox and Kilvert (65), the main causes of onset-diabetes include insufficient insulin in the blood, and abnormal insulin; thus, does not function properly. Also, diabetes II develops when the body starts resisting insulin, and when the pancreas fails to generate enough insulin.

The B cells occur in the inflammation of the visceral fat that comes before diabetes, and controlling them using drugs can prevent insulin resistance; hence, reversing the diabetic condition.

Diabetes II patients are responsible for much of their care, which can be made easy by setting diabetes goals for weight, blood sugar levels, cardiac, and exercise goals. For the weight, a person should aim to maintain a <https://assignbuster.com/type-2-diabetes-as-autoimmune-disease/>

healthy weight for their body type and height. Also, they should follow the blood sugar targets and the cardiac targets set by the national institute of Health (Fox and Kilvert 146).