

Type-1 diabetes and nutrition

[Health & Medicine](#), [Diabetes](#)



NUTRITION AND DIABETES (TYPE-1)

The purpose of this paper is to define diabetes and see the impact different factors like breastfeeding and nutrition have on it state.

DIABETES

Diabetes is a metabolic disorder in which the body is unable to break down insulin, a chemical that the body produces that is responsible to convert sugar, starches and carbohydrates etc into energy. This results in abnormal sugar production in the body and the patient typically faces the problem of 'sweet urine' which is produced excessively. The exact cause of this disease is still unknown as there are a number of hereditary and environmental factors including a low-physical-activity lifestyle and being overweighted.

Types of Diabetes:

The WHO recognizes three major categories of this disorder according to cause and population distribution as Type 1, Type 2 and Gestational Diabetes. Almost 18.3% of US population is affected by diabetes. Of the affected, only 8-10% of patients have type 1 which is more common in children and young adults and the remaining population is reported to be affected by Type 2 diabetes. Gestational diabetes usually occurs in women immediately after pregnancy. Only 5 to 10% of women report this disorder.

Type-1 Diabetes:

Type-1 diabetes typically occurs because the body totally fails to produce insulin at all; hence sugar is not converted into energy and thus the excess sugar disorder. Type 1 diabetes can occur due to several other reasons.

Sometimes, it follows viral infections like influenza, mumps etc or polio attacks. Other times it follows injury to, or surgical procedures like removal of, pancreas etc. Common symptoms include increased thirst, fatigue, excess urination, weight loss, yeast infection (affecting the genitals) etc

This state, if not taken good care of, can dangerously lead to other complications in later stages. Type-1 diabetes exposes a patient to the risk of getting various heart, kidney, oral and eye related disorders including the increased risk of suffering with strokes or heart attacks, damaged kidneys, blindness, gum disease, and some skin problems. Diabetic patients are also vulnerable to several neurological complications including acutedepression, diabetic neuropathy etc.

AFFECT OF BREASTFEEDING

It is commonly believed that a diabetic mother can't breastfeed her newborn. Research proves otherwise. It's clinically proven that breastfeeding is good for both a breastfeeding mother and thehealthof the newborn. In fact research has shown that breastfeeding can actually reduce the risk of developing type-1 diabetes in kids [1]. Breastfeeding can actually help mother's body regulate insulin levels and even lose weight. Therefore the necessity to breastfeed should be emphasized over mothers for healthier babies with reduced risks of developing diabetes. Mothers need to take special care of their health and monitor blood glucose level carefully.

NUTRITION AND DIABETES

The patients need to regulate the amount of sugar intake and include exercise in their routine to properly burn fats and carbohydrates. They can

take sugar but need to watch its quantity really carefully. A typical diabetic diet consists of 60% calories from carbohydrates, 20% from proteins and 30% from fats. Patients are advised to talk through the diet in detail with the doctor. Including the right mix of food and nutrition, patients can live healthy and long.

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