

Effects of Stress on Diabetes Mellitus and Methods of Psychological Treatment of Type II of the Disease

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Annotation: Today, in the vernacular, "diabetes" is one of the diseases that pose a serious threat to the population of the whole world. We need to prevent this disease, to know the levels of the disease, to find out the factors of its origin, and to apply treatment measures. Stress has a special place among the factors that cause diabetes. The complete recovery of the patient in type II of the disease is a very controversial topic. If the factor causing type II of the disease is identified and treated, the probability of a person's complete recovery increases. But it is better to prevent the disease than to cure it.

Keywords: Hyperglycemia, insulin, endocrinology, stress, cell resistance, pancreatitis.

INTRODUCTION

Diabetes mellitus (lat. diabetes mellitus, "sugar disease") is one of the endocrine diseases that are directly related to the violation of the absorption of glucose in the body and are caused by a relative or complete deficiency of the insulin hormone produced in the pancreas. As a result of this, hyperglycemia (lat. "hyper" high, "glicos" sugar, juice) causes a steady increase in the amount of sugar in the blood. The disease is characterized by a chronic course and disruption of the body's metabolism. When talking about the disease, of course, it is necessary to note the factors that cause it:

1. Heredity. Of course, the disease does not develop without exposure, but the probability of contracting the disease is high.
2. Obesity. Excess weight leads to diabetes.
3. Diseases. Toxicity of insulin production can cause the gland to produce beta products. They have pancreatitis, pancreatic cancer and other endocrine gland diseases.
4. Viral infections (measles, chicken pox, protective hepatitis, etc.). Diabetes is caused by three diseases.
5. Anger, stress. Strong stress, nervousness and strong fear also play a role in the development of diabetes.
6. Wrong diet, wrong lifestyle. These are considered beyond the national diabetes background, as well as other management.

There are two types of diabetes:

Type I diabetes. This type of diabetes is called insulin-dependent diabetes. This type of disease develops especially after viral infections, immunity destroys beta cells. These cells do not regenerate. Patients are forced to constantly take insulin hormone by injection. In patients with congenital diabetes, beta cells do not perform their function. Such patients also receive insulin hormone continuously until the end of their life.

Type II diabetes. This is called non-insulin-dependent diabetes. Factors that cause this type of disease: improper diet, obesity caused by hypodynamia, unhealthy lifestyle, fast food, i.e. fast food constant consumption, drinking carbonated drinks. In this case, insulin is not always needed in the treatment of the disease. First of all, such patients are prescribed a diet. It is recommended to bring the body weight back to normal, take more walks, and normalize the sleep regime. Insulin is prescribed only when necessary.

Symptoms of diabetes:

Symptoms of the disease develop gradually and begin to appear slowly. Mainly there is a high level of glucose in the blood. The following symptoms are observed in the initial stages of the disease in patients:

1. Permanent dry mouth
2. Insatiable thirst
3. Increased daily urine output
4. Decrease or sudden increase in body weight
5. Severe skin dryness
6. Muscle weakness and excessive sweating
7. Difficult healing of any wounds

If timely attention is paid to these symptoms of the disease, a person can be protected from various complications of the disease. Complications of diabetes include the following: vision impairment; headache and decreased mental activity; heart pain; liver enlargement; pain in the legs and impaired walking; decreased sensitivity of the skin, especially in the legs; appearance of wounds; increased blood pressure; swelling of the face and legs; the patient smells of acetone; dizziness. The degree of the disease is determined by the amount of hyperglycemia in the blood.

Level 1: The best indicator of the disease. The amount of sugar is fully covered by insulin, the level of glucose is around 6-7 mmol/l, glucosuria is not observed, and other parameters are normal. There are no developed pathologies and complications against the background of the disease. Such a result is achieved by following the diet in full.

Level 2. At this level, it is a sign that insulin is not able to cover the amount of sugar. Damage to the eyes, kidneys, heart, blood vessels, legs, and nerve fibers is observed.

Level 3. It is observed that the disease is actively developing at this level and it cannot be controlled with medicines. Glucose is around 3-14 mmol/l, glucosuria is constant, high proteinuria is observed, damaged organs begin to show symptoms. Visual acuity quickly decreases, hypertension is observed, sensitivity in the legs and fingertips decreases.

Level 4. Absolute decompensation is observed at this level. The amount of glucose increases in serious numbers (15-25 mmol/l and above). Urinary excretion of protein accelerates, kidney failure is observed, skin ulcers and gangrene may occur. The risk of falling into a coma is very high.

Stress has a special place in the origin of diabetes. After studying a small group of people, the researchers found that those who were under chronic stress had an increased appetite for sweets and fatty foods. This is due to an increase in the synthesis of ghrelin. Ghrelin is a hormone that is produced in the cells of the stomach lining and stimulates appetite. In order to prevent this, it is necessary to think of ways to overcome stress. In our time of rapid development, every person, whether he wants it or not, will be stressed and depressed. But a person's constant stress and depression exposes both his soul and body to illness. The probability of recovery is high only when the mental and emotional state of the patient with diabetes is good. Such patients are negatively affected by both happy news and terrible news. In this case, the adrenaline hormone secreted by the adrenal gland from the medulla

stimulates the beta adrenoreceptors in the blood vessels and narrows the blood vessels, as a result of which the blood pressure rises. A rapid increase in blood pressure causes pain in the back of the head

Platelet dysfunction References

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