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Type II Diabetes and its Treatment
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Introduction

Type II diabetes is a result of many conditions that cause insulin resistance and/or inadequate insulin secretion, leading to an increased level of glucose in the blood. This condition affects many people worldwide, with a significant increase in prevalence over the past several decades. The condition is characterized by hyperglycemia (high blood sugar), which can lead to various health complications if not managed properly.

Dietary and Exercise Recommendations

Cont’d

- Weight reduction through dietary modifications and increased physical activity can improve blood sugar control and decrease the risk of complications associated with type II diabetes.

Pathogenesis

The dysregulation of fatty acid metabolism and decreased glycogen synthesis can be an inherited defect that contributes to insulin resistance (McCulloch, et al., 2014). The hyperglycemia that results from DM2 can be reversed or slowed down by lifestyle changes such as improved diet and exercise.

Treatments

- Metformin is the most widely used oral diabetes medication. It decreases hepatic insulin production, increases the uptake of insulin, and decreases insulin resistance (McCulloch, Nathan, & Mulder, 2014). Metformin can be used in conjunction with other DM2 medications, such as DPP-4 inhibitors, to provide more treatment options for patients with type II diabetes.

References