

Diabetes Mellitus

Diabetes Mellitus is a chronic metabolic disease, in which there is too much sugar (glucose level) in the blood. Diabetes Mellitus is a disease that often occurs. It can be recognized by the increase in the level of glucose in your blood. Glucose is a form of sugar. Some people get complaints because of this, but it is also possible for it to go unnoticed.

Diabetes

If diabetes mellitus is not treated, damage eventually occurs in various organs, but in particular to the heart and vessels, eyes, kidneys or nerve pathways. The problems mainly occur in the smaller vessels of the body. There are different types of diabetes. Type 1 and 2 diabetes are the best known. In addition, there are many other forms, such as gestational diabetes.

More information? Have a look at the website of the Diabetesvereniging Curaçao (<https://sokudi.org>) or at the one of the Diabetesvereniging Nederland (<http://www.dvn.nl/wat-is-diabetes>).

Test

The doctor can make the diagnosis of diabetes mellitus very simply through blood tests. With additional laboratory tests, the doctor can determine what type of diabetes mellitus you have.

Blood tests

In blood tests, we take one or more tubes of blood with a hollow needle. This blood is then examined in the laboratory by an analyst. Blood tests or tests of urine or stool are necessary when the general practitioner or specialist wants to find out more about your health. The doctor also has research done to determine the course of disease and the effect of a treatment.

Treatments

In type 1 diabetes mellitus, you should measure your blood sugar every day and inject insulin or wear an insulin pump. Before you eat anything, you calculate how much insulin is needed.

Type 2 diabetes

The treatment of type 2 diabetes mellitus consists of healthy eating, a lot of exercise and medication. In the beginning, the doctor usually treats you with tablets that lower blood sugar levels. Later, you often have to start injecting insulin daily to meet the insulin requirement.

Do you have any questions? Then contact your diabetes nurse or internist.