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Introduction

Diabetes It occurs when blood glucose levels increases in your blood and you don't have enough insulin in your system. Insulin is a hormone which absorbs glucose for the use of energy. Increased or high glucose levels are a sign of diabetes. The symptoms of hyperglycemia are nausea, vomiting, abdominal pain, shortness of breath, frequent urination, weakness. Early symptoms are blurred vision, increased thirst and high blood levels. This generally occurs when your body doesn't utilize your natural insulin effectively. Physical and emotional stress is also a cause for hyperglycemia. Type 1 and type 2 diabetes people can manage or overcome the hyperglycemia by talking healthy diet, being active and managing stress. In type 2 diabetes people insulin plays a major role in controlling hyperglycemia, whereas in type2 diabetes people, they may need oral medications and in s and Tatt a the fort of the stress in type 2 head the stress in type 3 head the