

The Role of Insulin in Preventing Ketoacidosis

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Abstract

Ketoacidosis, particularly diabetic ketoacidosis (DKA), is a life-threatening complication of diabetes, primarily seen in individuals with insulin-dependent diabetes mellitus (Type 1 and sometimes Type 2). Insulin plays a critical role in the prevention of ketoacidosis by regulating blood glucose levels and inhibiting ketone production. Inadequate insulin levels can lead to an imbalance in glucose metabolism, causing the liver to release excessive ketones, which subsequently leads to metabolic acidosis. This article explores the physiological mechanisms of insulin in the prevention of ketoacidosis, the risk factors involved in its onset, and the importance of timely insulin administration for diabetic patients. Understanding insulin's role in metabolic control is key to reducing the incidence of DKA and improving patient outcomes.

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Received: 02-Dec-2024, Manuscript No. jomb-24-155041; **Editor assigned:** 04-Dec-2024, Pre QC No. jomb-24-155041 (PQ); **Reviewed:** 17-Dec-2024, QC No. jomb-24-155041, **Revised:** 23-Dec-2024, Manuscript No. jomb-24-155041 (R); **Published:** 31-Dec-2024, DOI: 10.4172/jomb.1000254

Citation: Acme Z (2024) The Role of Insulin in Preventing Ketoacidosis. J Obes Metab 7: 254.

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