

DIABETES

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CHAPTER

1

Definition

Diabetes is defined as a chronic, metabolic disorder characterized by prolonged high blood glucose levels which could lead to complications in the heart, blood vessels, kidneys, and nerves.

Epidemiology of Diabetes in the Philippines

In 2017, Diabetes is the 5th leading cause of death in the Philippines according to the Philippine Statistics Authority. 6.2% of the total adult population in the country has diabetes according to the International Diabetes Federation. According to the National Nutrition and Health survey, 1 out of 5 of Filipinos has a risk of diabetes or pre-diabetes. Based on the survey conducted in Bulacan from 1989-1998, 7 cases of type 1 DM among children aged from 0-14 years old was detected by Castillo-Cruz.

Classifications

Type 1 DM is formerly known as insulin-dependent diabetes mellitus or Juvenile diabetes mellitus, which is a result of the autoimmune destruction of beta cells that leads to a total loss of insulin. Type 1 DM is mostly common in children. Type 2 DM is previously known as non-insulin dependent diabetes mellitus or adult-onset DM, which is a result of insulin resistance due to the defect in insulin secretion, and; gestational DM is a diabetes that happens during pregnancy and subsides after delivery.

Signs & Symptoms

- Persistent high blood glucose
- Polyuria

- Polydipsia
- Polyphagia
- Presence of persistent non-healing wounds

Complications of Diabetes Mellitus

• Short term complications

- ✓ Hyperglycemia
- ✓ Hypoglycemia

• Long term complications

- ✓ Macro-vascular damage
 - Cardiovascular disease
- ✓ Micro-vascular damage
 - Retinopathy
 - Nephropathy
 - Neuropathy

Treatment and Management

The primary goal of therapy of type 1 and type 2 Diabetes Mellitus is the prevention of long-term complications of diabetes such as cardiovascular disease, retinopathy, kidney disease and amputations which could be prevented and delayed by optimal glycemic control. The glucose level should be maintained as low as safely possible to minimize the complications. The blood pressure and blood lipids are maintained within the acceptable range.

There are different ways on how to treat and manage diabetes mellitus. Pharmacologic and non-pharmacologic intervention can both be used.