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New Findings for Diabetes II Management

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Abstract: Nowadays, millions people suffered diabetes disease in the world. Globally, an estimated 462 million individuals are affected by type II diabetes (T2DM), So approximately 6.28% of the world's population. Tissue damages of main body organs are significantly seen in the disease. The stress and lifestyle might be main factors to creation of T2DM. However, due long time disease might be lead to other important critical conditions such renal failure, cerebrovascular accident (CVA), myocardial infarction (MI), cerebral vasospasm (CVS), Neuropathies, etc. So clinical laboratory tests are necessary to following up of disease management. Then finding of proper life style may be help to management of the disease.

Key words: T2DM, clinical laboratory findings, diet, sport, drugs, vitamins, management.

1. Introduction

Millions morbidity and mortality of diabetic mellitus diseases are annually reported from WHO. Clinical laboratory analysis of fasting serum glucose level and other test such as glycosylated hemoglobin (HbA1C) is usefulness to evaluate of illness conditions. The stress has significantly role in dysfunction of body immune system. Diabetic mellitus diseases make decrease of body immune function. However drugs consumption will have always side effects. So other management are usefulness to this process. This study just refers to mild or moderate diabetes mellitus type II disease. It is clear that Type II diabetes mellitus (T2DM) is a common chronic metabolic and pancreas hormonal disease that characterized by insulin resistance and β-cell secreting dysfunction [1-4].

2. Methods

To prevent of the diabetes progression laboratory tests doing, proper and healthy nutrition, sports and appropriate strengthening drugs are recommended. So some of them are introduced in this study. The normal range of serum glucose level is 90-110 milligram per milliliter. So amount above 110 serum glucose level will named hyperglycemic or diabetes mellitus type II and serum glucose level lower than 90 milligrams will be named hypoglycemic [5-7].

- Laboratory tests

All patients have to doing Laboratory tests of fasting serum glucose level and other test such as glycosylated hemoglobin (HbA1C) for every three months. Then hyperglycemic level is not only determined by glucose rapid strip test in urine samples in clinical laboratories but also is checked at the house. According to scientists research other inflammatory factors such (IL-1β, TNF-α, IL-6), PPARγ, eNOS, C-reactive protein, heptoglobin, IL-1β, TNF-α, and IL-6 levels are measured through RT-PCR and western blot in cultural cells [4, 5, 8-11].

- Feed

According to text the kinds of daily requirement consumption foods for diabetic patients are below mentioned listed.

- Fruits

Pear, plum, green plum, red cherry, cherry,

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mulberry, berries, even dried berries, black berry, raspberry, parsley, unripe and less sweet fruits, apples not red apple, quince, cucumber.

- Nuts

Walnut, almond, cashew, peanut, marble seed, peas, kinds of raw nuts

- Foods

White turpentine, beans, vicia faba, barley and whole grain bread, garlic, Persian Shallot, onion, low fat yogurt, low fat milk, camel milk, Turkey meat, Ostrich meat, Meat of various birds such as partridge, fish, olive oil, A variety of salads, Fresh sour lemon, Pomegranate paste, Nagorno Qrvt, Indian paste, Types of white meat, tomato, All kinds of fruit and vegetable pickles, sour fruit paste, green tea, sour tea, drinking a glass of hot water in the morning on an empty stomach before breakfast [12, 13]

- Vegetables

Radish, leek, parsley, lettuce, okra, edible mushroom

- Additives

Sumac-turmeric-ginger-cinnamon-pepper-spices-thyme-Cinnamon [12-14]

- Sports

Swimming, walking, running, mountain climbing…

3. Results

The stress makes body endocrine activity and probably to release of glucocorticoid hormones such as cortisol. However, this hormone is physiologic agonist to releasing of serum glucose. The sign and symptoms of illness are certainly seen in T2DM disease. Patient often have repeated night polyuria and they are always thirsty and hungry. They sense pain in feet and hands to the reasons of their neuropathies. Loss of body weight is significantly signs in long term of disease. Some patients to the reason of acetone in their urine samples have urine with smell. In severe patients the strong smell of acetone is in the exhalation. So some of them are suffering the sound of knocking knees and bones in the long term exposure of disease too. Approximately 60% with diabetic patients used acetyl salicylic acid (ASA) for secondary and primary prevention, respectively. ASA appears that in secondary prevention of inflammation and CVS risk in populations [15].

4. Discussion

Fasting drinks of high temperature boiled water recommend in the common life style. Illness peoples have metabolic acidosis then drinking water will be protecting kidney damage of them. However, vitamin E is fat soluble hereby it has slow release function. So it can cause decreasing of serum glucose level. The kinds of fruit berries probably make release of Nitric oxide (NO) molecules. These molecules helped diabetes disease inflammations through leukocyte factors. Also vitamin C has protective action roles of collagen damages in connection tissue of patients. Nearby Vitamin neurobion or B-complex vitamins have protective action roles of neuropathies in central nervous system (CNS). According to some studies, consumption of vitamin D prevent body bones damages too. The studies showed that beneficial metabolic effects of berries probably through realsing NO molecules in fat and diabetes disease. NO has significantly regulation role in the recovery of inflammation which is rarely reported in T2DM. The studies results showed that excess of NO increased the leukocytes inflammation cytokines in T2DM, which is motivated by the PPARγ/eNOS pathway [16-22].

5. Conclusions

The main goals of this paper are recommended with consumption foods contains of low level glucose or sweet less foods. Sports such swimming, walking, running... will helped to prophylaxis of disease. There are no side effects from natural feeding. All diabetic patients, such as pregnant women, nursing breast feeding women, and elderly diabetic individuals should be treated under the supervision of a specialist physicians. However, obesity postmenopausal women

and obesity men over 40 years old are exposure of type 2 diabetes.

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