**ENGLISH ARTICLE:**

**SUMMARY OF AN INTERVIEW WITH A DIABETIC ALONG WITH RECOMMENDATIONS THAT WOULD HELP THEM MANAGE THEIR CONDITION AND OTHER RISK FACTORS.**

According to World Health Organization, diabetes is a chronic disease that occurs when either the pancreas does not produce enough insulin or when the body is unable to properly use the insulin produced. Insulin is a hormone whose function is to regulate the blood sugar. Hormonal diseases and the body’s resistance to insulin are some of the factors leading to diabetes. Other factors however include, an individual's failure to do body exercise, obesity, genetic mutation among others. Diabetes can also be inherited from parents or other relatives in the family lineage.

The world Health Organization records three types of diabetes which are

* Type 1 diabetes: This type of diabetes is mostly common with children, teenagers and young adults. This type of diabetes occurs when the body accidentally attacks itself in a process known as an autoimmune reaction. Patients of type 1 diabetes have to take insulin medication on a daily basis in order to survive.
* Type 2 diabetes is one that is common with adults, and it occurs when the body is unable to effectively use the produced insulin hormone. This type of diabetes can be prevented by eating a healthy diet and doing regular body exercise.
* Gestational diabetes is one that mostly affects expectant women. This type disappears as soon as the baby is born but puts the baby at risk of health complications. As it grows, such a child is likely to become obese and at risk of type 2 diabetes. The mother too will be at risk of type 2 diabetes in her later days. This case makes it advisable for expectant women to attend prenatal clinics as advised by physicians in order to prevent them from any risk of becoming diabetic.

The symptoms of diabetes are not unique and can easily be assumed to be symptoms of other diseases such as malaria. These symptoms include frequent urge to pass urine, frequent feeling of thirst, often tiresome feelings and blurred vision. These symptoms may easily be assumed to be associated with other body conditions such as pregnancy or malaria. Such a patient is likely to go for malaria drugs or even ignore the symptoms, especially if the patient is an expectant mother. This is why people are encouraged to visit a health facility for medical check-up any time they feel something abnormal before rushing to the pharmacy to buy any drugs.

Diabetes may lead into serious health complications such as heart attack, kidney failure, blindness and lower limb amputation if not we’ll managed. The diabetics therefore have a responsibility to be careful with their lifestyle. A diabetic must ensure that they do daily body exercise which enables the body to convert blood sugar into energy. They should ensure that everyday they have a thirty minutes time for exercise.

A diabetic must be careful with the type of food he or she takes. For instance, their food must not be starchy and if it’s grains or grain products, it has to be whole grain. A proper diet for a diabetic therefore should include; non-starchy vegetables, whole grain such as brown rice, oats and pastry made of whole grain flour. They are free to take in any type of protein giving foods except when it has a lot of fat. Water is essential for a diabetic person. They must take at least eight glasses of water per day.

Intake of illicit drugs by a diabetic person exposes Jim or her to other serious health complications. For instance, illicit drugs have been know to cause lung infections, kidney failure, cancer and mental illness among others. This means that illicit drugs would act as a catalyst to these health conditions in the life of a diabetic. Illicit drugs also causes forgetfulness hence forgetting to take his or her medication as required.

A diabetic must live a stress-free kind of life. When life is peaceful and with proper management all other things runs smoothly. For instance, a stressful environment may lead a diabetic into depression which may affect how he or she visions life. A depressed person may hate his or her life and this may keep them away from doing some of the required activities such as exercising, and taking meals on time as well as Following up with medication.

In case of depression or anxiety resulting from being diagnosed with diabetes, such a person should consider going for counseling which will enable him or her to accept the changes in the body and the new kind of lifestyle he or she is supposed to live. Counseling is a requirement for even the relatives to the patient as this will enable them to learn how to handle a diabetic.

Diabetics however have challenges that need to be addressed as a nation. For instance, the disease has not been given much attention and many do not know how it occurs, how it should be handles, when and how to know that one could be diabetic. If diabetes should be prevented, then public awareness is key. People need to be educated on this disease so that even if it happens by chance, as in the case of Type 1 diabetes and gestational diabetes or even diabetes as a result of inheritance, the affected persons may not be victims of stigma.

If diagnosed with diabetes, it is advisable to share the situation with someone whom can be trusted. This is good because such a person acts as a helper who encourages one to keep of with medication, daily exercise and taking balanced diet . If this does not help, then the person may join groups of people with the same condition since it’s easier to share one’s challenges with someone who share the same journey.

***References***

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