



Health Talk Inc

Creating a Health Conscious Community

The many faces of Diabetes Mellitus – The Sugar Disease

A historical perspective

Among the numerous list of chronic diseases, diabetes is the one that has received early documentation. According to the Canadian Diabetes Association, an Egyptian physician by name Hesy – Ra, first gave an account of diabetes on the 3rd dynasty papyrus in 1552 BC. As old as the disease is known in history, the concept, the diagnosis, and the management of the disease by the various healthcare providers has also evolved significantly over time. Despite the advancement in knowledge about the malady and the modern techniques in the management of the disease continue to have a severe toll in terms of causing disability and death in the general population. It is therefore very important to develop the appropriate habits in helping to prevent the incidence of the disease as we learn more about it.

What is Diabetes?

Diabetes is simply having more than enough sugar in the blood as a result of insufficient insulin or complete lack of insulin from the pancreas, the organ that produces insulin. Diabetes has many names depending on who has it. Diabetes seen in children – juvenile diabetes or type 1 diabetes– accounts for up to 10% of the total population of diabetics. If an adult has the disease because of the body’s inability to produce enough insulin, it is called adult onset diabetes or type 2 diabetes and it accounts for at least 90% of the diabetic population. Although one would think type 2 diabetes are seen only in adults, it is important to know that modern day child have begun to develop type 2 diabetes also! Whilst type 1 diabetes requires insulin permanently as part of its management, type 2 diabetes does not generally require insulin. Looking at the devastating effects of diabetes, Arasteus in the 1st century AD described the disease as “the melting down of flesh and limbs into the urine.

When I consider the dangerous impact of the consequences of diabetes, I describe it as the “cooking disease” which by its cooking effects on the vital organs of the body, slowly render them non-functional! For instance, diabetes would slowly cook the nerves and blood vessels in the eye and cause blindness. In a similar vein, it can cook the bones of the feet and make them soft – Charcot’s arthropathy.

How many Diabetics are in America?

The Center for Disease Control (CDC) and the medical literature have it that about 16 million people in America have the disease. That is one in every 20 people has the

disease. The above number reflects only reported cases and in the general population, the number of diabetics is definitely higher.

Diabetes is the six killer disease in the USA and this is going to get worse since the incidence of obesity and overweight continue to rise. The presence of diabetes in a person makes other chronic diseases like high blood pressure, heart disease, arthritis etc, worse. According to Dr. Furman, more than 70% of adults with diabetes die of heart attacks and strokes. Because diabetes can damage the nerves, some diabetics with nerve damage (neuropathy) can suffer heart attack and may not experience the excruciating chest pain that is an important symptom of heart attack!

What would put you at risk or cause diabetes?

Many reasons have been given in the medical literature regarding the cause of diabetes. Overweight, obesity, pregnancy, alcoholism and dehydration are a few risk factors for the development of diabetes. Whether diabetes is linked to heredity or not, poor nutrition and bad lifestyle and habits which produce the above risk factors are simply the main cause of diabetes. The adoption of the western type diet and lifestyle where the consumption of excess animal products and processed foods combined with sedentary lifestyle predispose people to diabetes and other chronic diseases. Some medications, surgery, and some infections can also cause diabetes.

What are the signs and symptoms of diabetes?

1. You are going to the bathroom to urinate many times in a day – polyuria
2. You eat too much but you never get satisfied or you have excessive hunger – polyphagia
3. You drink too much water but you stay thirsty – polydipsia
4. And you are either losing weight or gaining weight.

Weakness, fatigue and frequent infections are also associated with diabetes.

How can we prevent Diabetes?

The obvious answer in decreasing the incidence of diabetes and it's associated complications is to eliminate the causes indicated above.

Instead of eating diets which are predominantly animal protein and processed foods, we should shift to diets that are predominantly plant based such as the ABLE Diet and lifestyle program. Fruits, vegetables and nuts together with the utilization of the natural laws of health (good nutrition, exercise, sunshine, rest, fresh air, water, temperance, trust in God, etc) would at least prevent 80% of the incidence of diabetes.

In addition to poor nutrition and lack of exercise, many adults do not drink enough water and would also drink beverages that deprive the body of water. This makes the body dehydrated and chronic dehydration according to Dr. Batmanghelidj, chronic dehydration causes damage to the pancreas and hence result in low insulin production which brings about diabetes. Dr. Batmanghelidj there advises that non-insulin depended diabetes (the adult type) should be treated with an increase intake of water, exercise and diet

manipulation to provide the necessary amino acids balance (the building blocks of protein) for tissue repair.

What are some of the serious complications of diabetes?

The most common complication is **heart disease** which is the number one cause of disease-related deaths.

Stroke - The medical literature has it that people with diabetes are 2 – 4 times the risk of developing stroke.

High blood pressure. Many diabetics have high blood pressure and diabetics with high blood pressure tend to develop kidney failure that need dialysis.

Blindness – Diabetes is the leading cause of new cases of blindness among adults between the ages of 20 – 74 years.

Kidney Disease – Diabetes is the leading cause of end stage kidney failure that requires dialysis at least 3 times a week!

Nervous system damage. About (60-70)% of people with diabetes develop impaired sensation for pain in the feet or hands, slow digestion of food in the stomach, carpal tunnel syndrome, etc

Amputations. Diabetes account for at least 60% of non-traumatic amputation of the lower legs.

Dental disease. Diabetics have twice the risk for developing dental diseases.

Complications of pregnancy: Birth defects, large babies and spontaneous abortions may be due to diabetes

Medical emergencies: Uncontrolled diabetes can lead to life threatening medical emergencies like diabetic ketoacidosis and diabetes coma. Diabetics also are prone to developing infections such as pneumonia and influenza.

Sexual dysfunction. Throughout my clinical practice, it is increasingly common to see diabetic with sexual dysfunction including impotence.

Food for thought. Diabetes is a very serious disease that is preventable. Take active steps by engaging in lifestyles that would prevent you from developing the disease. You are strongly advised to adopt the ABLE Diet and Lifestyle Program today for a better health today. Do not forget to take your daily doses of Barleymax or Barley Life.

Visit our website at www.healthtalkinc.com for more details or call 703 822 7471.