

Introduction to diabetes and endocrinology

Andrea Williams

Williams A. Introduction to diabetes and endocrinology. *J Reprod Biol Endocrinol.* 2022;6(2): 14.

COMMENTARY

Endocrinology may be a branch of biology and medicine handling the system, the system may be a network of glands that produce and release hormones. These hormones are responsible of several functions within the body, from heartbeat to tissue growth to the creation of latest life. These glands that produce and release hormones that help control many important body functions, including the body's ability to vary calories into energy that powers cells and organs. The system influences as per heart beats, how your bones and tissues grow, even your ability to form a baby. It plays an important role in whether you develop diabetes, thyroid disease, growth disorders, sexual dysfunction, and number of other hormone-related disorders.

The glands and organs of the endocrine system produce hormones that govern a variety of critical physiological activities. The hypothalamus, pineal body, pituitary, thyroid, parathyroids, adrenals, pancreas, testes, and ovaries are among these glands.

Each of your body's hormones has a specific function to do. At any given time, your blood contains up to 40 distinct hormones. A hormone travels throughout the body after being released into the bloodstream until it reaches its specified destination(s) to execute its job. These targets, or destinations, can be found on different endocrine glands as well as other organs and tissues in the body.

When a hormone reaches its target, it instructs that area of your body on what task to do, when to do it, and how long to do it for. Hormones are known as "messengers" because they allow different regions of the body to interact with one another.

Although there are many other endocrine illnesses, diabetes is the most frequent in the United States. Patients with diabetes, lipid metabolism diseases such as high cholesterol and triglycerides, and neuroendocrine (thyroid) disorders can benefit from our endocrinology service.

Diabetes is a kind of disease in which the body does not produce sufficient insulin, doesn't use the insulin properly that is produced, or show a combination of both. When any of these things happens, then the body is unable to get sugar from the blood into the cells. That leads to high blood sugar levels. Glucose, in the form of sugar found in your blood, is one of the major energy sources. A shortage of insulin or resistance to insulin causes sugar to build up in your blood. This can lead to many health problems. Symptoms of Diabetes are increased thirst, frequent urination, Extreme hunger, unexplained weight loss and many more.

The main complications of diabetes are because of damage in small blood vessels include damage to the eyes, kidneys, and nerves. Damage to the eyes, known as diabetic retinopathy, is caused by damage to the blood vessels in the retina of the eye, and can produce gradual vision loss and eventual blindness. Diabetes also increases the possibilities of having glaucoma, cataracts, and other eye problems. It was suggest that people with diabetes visit an eye doctor every year. Damage to the kidneys, known as diabetic nephropathy, can lead to tissue scarring, urine protein loss, and eventually chronic kidney disease, sometimes it needed dialysis or kidney transplantation. Damage to the nerves of the body, known as diabetic neuropathy, is the most frequent complication of diabetes. The signs that include numbness, tingling, pain, and altered pain sensation, which can lead to damage of the skin. Diabetes that linked with foot problems (such as diabetic foot ulcers) arises, and can be difficult to treat, sometimes it requiring amputation. Also, proximal diabetic neuropathy causes painful muscle atrophy and weakness.

Medication or hormone supplements can help with some conditions.

When surgery is required, our endocrine surgeons are committed to providing cutting-edge therapies for endocrine system abnormalities and malignancies, as well as neuroendocrine diseases of the pancreas and GI tract. They have specific knowledge of cutting-edge treatments for difficult thyroid and parathyroid malignancies, including metastatic illnesses.

Faculty of Health Science, School of Nursing, University of Namibia, Windhoek, Namibia.

Correspondence: Andrea Williams, Managing Editor, *Journal of Reproductive Biology and Endocrinology*, UK. E-mail- reproduction@ehealthjournals.org

Received: 03-Mar-2022, Manuscript No. PULJRBE224843; Editor assigned: 05-Mar-2022, Pre-QC No. PULJRBE224843(PQ); Reviewed: 14-Mar-2022, QC No. PULJRBE224843(Q); Revised: 18-Mar-2022, Manuscript No. PULJRBE224843 (R); Published: 30-Mar-2022, DOI: 10.37532.2022.6.2.14



This open-access article is distributed under the terms of the Creative Commons Attribution Non-Commercial License (CC BY-NC) (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits reuse, distribution and reproduction of the article, provided that the original work is properly cited and the reuse is restricted to noncommercial purposes. For commercial reuse, contact reprints@pulsus.com