Opinion

Unveiling the concealed relation between diabetes and endocrine_disorders

Ershad Ismail Malik

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Many times, Diabetes is associated with (either precipitated by or worsened by) underlying endocrine disorders. Course of diabetes directly co relates with underlying other endocrine cause. The four-outer regulatory anti insulin hormones present as a contrarian bet. Endocrine causes are not as uncommon as we think. It's extremely important to identify as they are the ones responsible for severity of diabetes; complications associated with diabetes; onset of diabetes in most of the cases. Identifying and treating them can favourably modify the course of diabetes.

Endocrine causes primary glandular disorders. Endocrine associations that is autoimmune and genetic polyglandular disorders. All T1DM should be screened for other associated endocrinopathies. All patients on Hormone replacement or treatment like GH therapy, steroid use need monitoring of blood glucose levels as per respective guidelines. Diabetologist, physicians and endocrinologists should keep their eyes open for dysmorphic features, difficult to control diabetes, high insulin/ medication resistance; electrolyte imbalance, disproportionate complications.

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Diabetes occurs when the pancreas, a gland behind the stomach, does not produce enough of the hormone insulin, or the body cannot use insulin properly. Insulin helps carry sugar from the bloodstream into the cells. Once inside the cells, sugar is converted into energy for immediate use or stored for the future. That energy fuels many of our bodily functions.

The body produces glucose from the foods you eat. The liver also releases sugar when you are not eating. The pancreas produces the hormone insulin, which allows glucose from the bloodstream to enter the body's cells where it is used for energy. In type 2 diabetes, too little insulin is produced, or the body cannot use insulin properly, or both. This results in a build-up of glucose in the blood.

The causes of type 1 diabetes are not fully known. In most cases, the body's immune system attacks and destroys the part of the pancreas that produces insulin. This occurs over a period of time. So early on in type 1 diabetes, people may not have any symptoms. It is only when enough of the insulin producing cells are affected and insulin levels are low that the blood sugar rises and symptoms of diabetes start to occur. Because type 1 is an autoimmune disease, people with other autoimmune, conditions, such as Hashimoto's disease.

Lifespan Diabetes Clinics, India

Correspondence: Ershad Ismail Malik, Lifespan Diabetes Clinics, India, UAE, e-mail: drmalikindia@gmail.com

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