

Study of clinical characteristics of patients with type 2 diabetes mellitus in middle and old age.

Ergasheva Gulshan Tokhirovna

Assistant of the Clinical sciences department

Asia International University, Bukhara, Uzbekistan

E-mail: ergashevagulshantoxirovna@oxu.uz

Annotation: In recent years, the number of patients with type 2 diabetes has been increasing. We have included articles on diabetes, identifying the causes of the disease and eliminating the symptoms that cause it, preventing the disease and treating it when it appears, preventing complications, knowing the levels of the disease and giving practical advice. . The article provides information about the clinical course of diabetes mellitus and rehabilitation measures.

Keywords: type 2 diabetes mellitus, hyperglycemia, glucometry, insulin, glucosuria.

Relevance.

Diabetes mellitus is one of the groups of endocrine diseases associated with impaired glucose absorption and caused by relative and absolute deficiency of the hormone insulin. Type 1 and type 2 diabetes are different types of diabetes. Type 2 diabetes occurs primarily in people over 45 years of age. As a result of the disease, hyperglycemia occurs in the blood with an increase in the amount of sugar in the blood. The disease is considered chronic and is characterized by changes in protein, carbohydrate, fat, mineral substances and water-salt metabolism in the body. Type 2 diabetes mellitus is a multifactorial chronic disease transmitted from generation to generation. In this type of diabetes, B cells are preserved, but due to genetic reasons, the developed insulin resistance reduces the absorption of glucose into the tissue and hyperglycemia occurs as a result of external influences. This study was conducted on people with type 2 diabetes.

Diabetes mellitus is a complex and complex disease that is widespread throughout the world. According to the International Diabetes Federation, in 2021 the number of people with diabetes will be 425 million. from 20 to 79 years. The prevalence of type 2 diabetes in the population worldwide ranges from 1.2% to 5%. Patients with type 2 diabetes make up 85-90% of the total number of patients. According to epidemiological studies, the prevalence of diabetes mellitus among the population of Uzbekistan is 7.2%.

Since diabetes mellitus belongs to the group of chronic diseases, the disease is divided into several levels: Depending on the symptoms of complaints, clinical course, blood sugar levels and complications, the disease can be divided into 4 levels.

Level 1: This is one of the most elementary periods. At this level, many of the patient's complaints are not bothersome. The amount of sugar in the blood is about 6-7 mmol/l, glucosuria (excretion of glucose in the urine) does not occur. Other indicators in the body will also be normal.

As a result of the disease, other pathological symptoms and diseases do not arise, and complications do not arise. When treating the 1st degree of the disease, it is possible to comply with the course of treatment and maintain normal blood sugar levels with the help of diet.

Level 2: At this level, blood sugar levels are slightly elevated and early complications of diabetes appear. Damage occurs to the eyes, kidneys, heart and blood vessels, legs and nerve fibers.

Level 3: At this level, complaints in the clinical course of diabetes intensify. At this level, the patient is treated with insulin therapy rather than medications. The amount of glucose in the blood is about 6-15 mmol/l. Glucosuria is constant. A urine test reveals proteinuria, indicating kidney damage. Complaints arise from members suffering from complications of the disease. Visual acuity decreases, heart vessels are damaged, and the sensitivity of the skin of the feet and fingers decreases due to neuropathies.

Level 4: This level represents the decompensated stage of diabetes. The amount of glucose in the blood is about 16-25 mmol/l. At this level, blood sugar levels can only be treated with insulin therapy. The excretion of proteins in the urine increases, i.e. proteinuria. Kidney failure occurs. Paresthesia may occur on the skin, ulcers and gangrene may appear on the fingers and toes.

Summary: Diabetes can be diagnosed early by measuring blood sugar levels. When complaints about the disease appear, early diagnosis of the disease and its treatment are the simplest methods. At an early stage, it can be treated with dietary and tablet medications, biguanides. The disease is now the most common disease and the number of cases is increasing worldwide. That is why measures are being developed for early detection of the disease and its treatment before complications arise.

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