



### Guest Editorial

## Dietary Practices Against Diabetic Patient

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Diabetes is a persistent disease described by raised degrees of blood glucose, along with interrupted metabolism of fatty and aminoacids. As a consequence, the level of glucose raises in blood as it cannot be consumed in the cellular pathways. The reason is the failure of pancreatic insulin production or impotency of the cells to utilize the synthesized insulin. Diabetes is categorized into 3 main types: Type 1, where pancreas is unable to synthesize insulin; Type 2 Diabetes mellitus (T2DM)-here the body cells are not able to utilize the delivered insulin through pancreas and consequently, the production of insulin reduces sequentially; Type 3- Gestational diabetes mellitus (GDM), it happens in pregnancy and is responsible for maternal and fetal complications during pregnancy, at birth and soon after delivery. Type 1 is prevalent in children, teenagers and young adults. However, the etiology and mechanisms are unknown. Genetic predisposition and environmental aspects jointly play a role in the complex mechanisms of diabetes. The contributing factors for T2DM are known better than other types. Risk factors include age, obesity, inactive lifestyle, smoking and diet. These are modifiable risk factors and an individual can manage this type of diabetes by managing the life style factors.

Dietary practices, for example, intake of high carbohydrate and cholesterol rich diet have likewise been connected to increased risk of T2DM. GDM risk factors are not just like those for T2DM - family history, age, overweight and obesity, sedentary lifestyle yet additionally included extra weight gain during pregnancy. Uncontrolled diabetes causes problems in numerous organs. Destruction to large and small blood vessels and nerves causes vision loss and kidney dysfunction, coronary failures, strokes, and lower appendage removals. Diabetes causes handicap and abbreviates lives. Substandard mindfulness and restricted diabetic training administration are viewed as obstructions to seek better treatment results. Primary care suppliers need to provide consistent diabetes information to the public in order to prevent the progression of disease as it is worldwide endemic ailment. As indicated by the World Health Organization, it can be forestalled and overseen by doing proper physical activity and eating healthy diet. It is fundamental for the administration to put resources into ways of forestalling and help in the early discovery of such disease by performing public screening and instruction programs.