



Diabetes Multiorgan Complications: Life-Threatening Disorder

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DESCRIPTION

Diabetes Multiorgan Complications is a field of research that studies the multiple complications of diabetes mellitus in different organs and systems of the body. Some of the complications include hypertension, obesity, hyperlipidemia, diabetic foot diseases, atherosclerosis, micro vascular complications, diabetic bone disease, cognitive impairment, metabolic-associated fatty liver disease, and acute hyperglycemia. It also affects the bone marrow microenvironment and impairs the mobilization of stem cells that are involved in vascular repair.

Some of the ways to prevent or delay end-organ complications of diabetes are:

- Follow a healthy eating plan and be physically active for at least 150 minutes a week.
- Managing of blood sugar, blood pressure, and blood fats levels.
- Lose weight if you are overweight.
- Take medicines as instructed by the doctor.
- Go to diabetes health checks regularly and learn how to look after during the appointments.
- Consider metabolic surgery if anyone have type 2 diabetes and obesity, as it can lower the risk of end-organ complications and mortality.

It can affect many major organs, including your heart, eyes, kidneys, and brain. However, the most affected organ may vary depending on the type and duration of diabetes, as well as other factors such as blood pressure, cholesterol, and lifestyle. Some of the possible effects of diabetes on different organs are heart that increases the risk of cardiovascular diseases such as coronary artery disease, heart failure, and stroke by damaging the blood vessels and nerves which controls the heart. Eyes which causes damage to the retina, light-sensitive tissue at the back of eye, that leads to diabetic retinopathy. This can result in vision loss or blindness if left untreated. Kidneys can cause damage to the nephrons, the filtering units of the kidneys, leading to diabetic nephropathy. This can result in kidney failure or end-stage renal disease, which requires dialysis or a kidney transplant. Brain can

be affected in several ways, such as increasing the risk of cognitive impairment, dementia, depression, and stroke. Diabetes can also cause damage to the nerves that control various functions of the body, leading to diabetic neuropathy. This can result in numbness, pain, tingling, or weakness in different parts of the body.

Diabetic coma is a life-threatening disorder that causes unconsciousness due to either high or low blood sugar levels. Hypoglycemic, Diabetic ketoacidosis, Hyperosmolar hyperglycemic state coma are three types of diabetic coma. Hypoglycemic coma occurs when the blood sugar level is too low, usually due to taking too much insulin or diabetic medication, skipping meals, or exercising too much. Symptoms include shakiness, anxiety, weakness, hunger, dizziness, headache, confusion, and loss of consciousness. The person may have pale skin, rapid heartbeat, sweating, and twitching. This type of coma can be reversed by giving glucose or glucagon injections. Diabetic ketoacidosis coma occurs when the blood sugar level is too high, usually due to insufficient insulin or infection. The body breaks down fat for energy and produces ketones, which are toxic acids that build up in the blood and urine. Symptoms include increased thirst, frequent urination, blurred vision, tiredness, nausea, vomiting, and shortness of breath, stomach pain, and fruity breath odor. The person may have dry mouth, dehydration, shock, and exhaustion. This type of coma can be treated with fluids, insulin, and electrolytes. Hyperosmolar hyperglycemic state coma occurs when the blood sugar level is extremely high, usually due to illness or dehydration.

CONCLUSION

End-organ complications of diabetes are the damage to various organs and systems that result from chronic hyperglycemia and other factors associated with diabetes. Some of the end-organ complications include heart and blood vessel disease, nerve damage (neuropathy), kidney damage (nephropathy), eye damage (retinopathy), foot damage, skin and mouth conditions, pregnancy complications, and cognitive impairment. These

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complications can be disabling or even life-threatening and increase with age. The body tries to get rid of the excess glucose by passing it into the urine, which causes severe water loss and electrolyte imbalance. Symptoms include increased thirst, dry

mouth, weakness, confusion, fever, seizures, and coma. The person may have very high blood sugar levels and no ketones in the urine. This type of coma can be treated with fluids, insulin, and electrolytes.