

# Endocrine connection with diabetes and type B insulin resistance

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## Description

Diabetes develops when the pancreas, a gland located beneath the stomach, either produces insufficient amounts of the hormone insulin or when the body has trouble utilizing it. Insulin aids in the movement of circulation sugar into cells. Sugar is transformed into energy once within the cells, either for now or for later. Many of our body processes are powered by this energy.

Person dietary intake fuels the production of glucose by the body. Whenever the person is not eating, the liver also releases sugar. In order for glucose from the bloodstream to reach the body's cells, where it can be utilised for energy, the hormone insulin must be produced by the pancreas. In type 2 diabetes, the body either produces insufficient insulin or improperly uses it, or both. his results in a build-up of glucose in the blood.

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There are three blood tests that can be used to check the levels of glucose in blood and diagnose prediabetes or diabetes:

### ■ Fasting blood glucose test

Blood is drawn in the morning after go without

food overnight or for at least 8 hours.

### ■ Oral glucose tolerance test

This test is also done in the morning after going without food overnight or for at least 8 hours. Blood is drawn before drink 8 ounces of a sugar solution and 2 hours after. This test is more precise but less convenient than the FBG test.

Hemoglobin A1C Test (A1C): This test shows what the person average blood glucose levels have been over the past 3 months. Person can eat and drink normally before the test.

The way person live is a crucial aspect of care if the person have diabetes. Person must be sure to eat a variety of whole meals each day and to exercise frequently. Additionally, managing diabetes requires daily blood sugar tests and, if necessary, taking medication.

Type B insulin resistance is typically caused by an underlying autoimmune condition. Lupus or an illness closely related to it is the most prevalent autoimmune condition linked to type B insulin resistance. When persons experience type B insulin resistance, they occasionally already have lupus or a disorder akin to it on their medical records. However, in individuals without a documented autoimmune problem, type B insulin resistance occasionally serves as the first indication of an autoimmune disease. Type B insulin resistance is a rare complication of certain cancers. The aberrant antibodies that attach to the insulin receptor are produced by the cancer cells in these forms of malignancy, which

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are typically lymphoma or multiple myeloma.

The organs and cells that the immune system is attacking when an individual has an autoimmune disease determine the majority of the symptoms that person experiences. When the person has type B insulin resistance, body produces aberrant antibodies that cling to the healthy insulin receptors on cells and prevent insulin from doing what it should. The body needs

insulin to bind to insulin receptors in order to utilise glucose (sugar). High blood sugar levels are brought on by an accumulation of glucose in the blood that cannot enter cells normally due to insulin receptor dysfunction. Although this type of decreased insulin action severe diabetes, it is distinct from the more prevalent variants of the disease. Additionally, a distinct method of treatment is necessary.