COMMENTARY

Diabetes Management

# Significance of impaired glucose tolerance and its treatment options

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## Description

Impaired Glucose Tolerance (IGT) is a medical condition that affects the way body processes sugar. It is a pre-diabetic state that can lead to the development of Type 2 diabetes if left untreated. In this article, we will explore the symptoms, causes, and treatment options for Impaired Glucose Tolerance.

The symptoms of IGT are often mild or non-existent. In fact, many people with IGT do not realize they have it until they undergo a blood test or are diagnosed with diabetes. However, some people may experience symptoms such as, fatigue-feeling tired and low on energy is a common symptom of IGT. This can occur due to the body's inability to efficiently use glucose for energy.

Increased thirst-the body tries to flush out excess glucose through urine, leading to increased thirst and frequent urination. Blurred vision-high levels of glucose in the blood can cause the lens of the eye to swell, leading to blurry vision.

Numbness or tingling in the hands or feet-excess glucose can damage the nerves, leading to numbness or tingling in the extremities. IGT occurs when the body cannot effectively use insulin, a hormone produced by the pancreas that regulates blood sugar levels. Insulin helps glucose enter the cells of the body, where it is used for energy. When the body becomes resistant to insulin, glucose remains in the bloodstream, leading to high blood sugar levels.

Being overweight or obese: Excess body weight can make the body less sensitive to insulin, leading to high blood sugar levels. Lack of physical activity: Regular exercise helps the body use insulin more efficiently and maintain healthy blood sugar levels. Genetics: Some people may be genetically predisposed to insulin resistance, making them more likely to develop IGT. As people age, their bodies become less efficient at using insulin, increasing the risk of IGT and diabetes. Hormonal disorders-certain hormonal imbalances, such as Polycystic Ovary Syndrome (PCOS), can increase the risk of IGT.

IGT can be managed through lifestyle changes, medication, and monitoring blood sugar levels. The first line of treatment for IGT is often lifestyle modifications such as diet and exercise. A healthy diet that is low in sugar and carbohydrates and high in fiber can help stabilize blood sugar levels. Exercise can also help the body use insulin more efficiently and maintain healthy blood sugar levels. Experts recommend getting at least 150 minutes of moderate-intensity exercise per week.

In some cases, medication may be necessary to manage IGT. Medications such as metformin can help lower blood sugar levels by increasing insulin sensitivity. Other medications may be prescribed to lower blood pressure or cholesterol

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levels, as these can also increase the risk of complications associated with IGT.

Regular blood sugar monitoring is crucial for people with IGT. This involves using a glucose meter to check blood sugar levels at home. Doctor may recommend checking blood sugar levels at different times of the day, such as before and after meals, to monitor changes in blood sugar levels. In some cases, weight loss surgery may be recommended for people with severe obesity and IGT. This can help improve insulin sensitivity and lower blood sugar levels. However, weight loss surgery is typically reserved for people who have not been able to achieve weight loss through other methods.