

What is diabetes? How does it occur?

A car needs gasoline to run, and diesel or coal for the heater to burn.

Every organism also needs energy, and the organism gets this energy from carbohydrates, namely sugars, in the foods we eat. The biggest sources of sugar are foods such as bread, rice, pasta, yogurt and fruit.

The sugar in the food we eat passes from our intestines to the blood, is carried to the farthest cells in the blood, enters the cell and turns into energy by burning here.

No matter what we eat, the level of sugar in the blood remains at a certain rate.

In the blood taken from the vein on an empty stomach, the sugar never rises above 100 mg/dl, and whatever we eat, it goes below 140 in the 2nd hour after we start eating. The perfectly functioning systems in our body regulate this wonderfully.

If sugar cannot enter the cell in any way, it begins to accumulate in the blood, rises above these numbers, and the picture we call diabetes (diabetes) emerges.