

Diabetes Mellitus Treatment - Keep Your Blood Glucose Level Normal

The goal of diabetes mellitus treatment is just keeping blood glucose level as close to normal as possible in most safe way without interrupting any other body systems. In addition, as diabetes might greatly increase a person's risks for cardiac disorders, preventative measurements for effectively controlling blood pressure and cholesterol levels have been now considered as most important part of diabetes mellitus treatment.

People suffering from diabetes should take care for their day-to-day routine. The care includes monitoring the blood glucose level, dietary pattern and restriction, maintaining physical workout, keeping their weight and stress within limits i.e. under control, regularly taking their oral medications and, if required, supplying insulin through injections or pump.

Let us learn some important ways for diabetes mellitus treatment as stated or advised by health care providers:

Dietary Pattern and Physical Workout

The modification in patient's eating pattern and increasing physical workout is generally few of the first steps toward betterment of blood sugar levels. In many health care centers the diabetics work with their doctors and/or certified dieticians to develop a dietary pattern that help in controlling blood glucose levels.

Insulin Therapy

People diagnosed with Diabetes Type I need multiple insulin injections regularly, every day, in order that maintains safe insulin levels. Insulin may also be prescribed for treatment of patients suffering from Diabetes Type II. Latest technology includes usage of a device (an insulin pump) as an alternative to injections for better control. The pump is about the size of a small cell phone and is generally worn on the belt. Insulin is introduced through a small tube (called as catheter) which is placed under the skin (generally the site is abdomen).

There are mainly four kinds of insulin:

Rapid-acting

Short-acting

Intermediate-acting

Long-acting

It is the health care provider who determines the dosage and how often you require taking insulin. There is no any fixed insulin dose since it depends upon many factors like body weight, the meal timings, how often you exercise and how much insulin is normally naturally produced by the body.

Oral Medications OHD (oral hypoglycemic drugs)

Sometimes blood glucose levels remain high in patients suffering from Diabetes Type II even though they eat a healthy diet and do regular exercising. When this happens, medicines in the form of capsules form might be advised to help controlling the blood glucose levels. The medicines work by various mechanisms such as they improve the utilization of the body's natural insulin, reduce blood glucose production, increase insulin reuptake and inhibit blood glucose absorption. Oral diabetes drugs are sometimes taken in combination with insulin.

Herbal or natural diabetes mellitus treatment

Herbs such as fenugreek, Karela, turmeric are known for their glucose lowering properties. One can also practice pranayama and yogasana to keep body glucose level under control. In Ayurveda, pills like arogyavardhini vati, haridra khand etc help in controlling the blood glucose level and also enhance body's natural insulin production. One has to do some exercises in order to keep body in harmony.

About the Author

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