

Common Characteristic of Diabetes

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Annotation: diabetes insipidus is a pathological condition associated with dysfunction of the hypothalamus or pituitary gland. The main signs of the disease are a constant feeling of thirst and a significant amount of daily urine. Diabetes insipidus does not have a clear age-gender link and is recorded with equal frequency in representatives of both sexes and age groups, including young children.

Keywords: diabetes, symptom, include, anemia, diagnosis.

Causes of diabetes insipidus

Among the main and indirect factors that can cause the development of the disease are:

- Hereditary predisposition.
- A tumor or inflammatory process in the structure of the brain, affecting the pituitary gland or hypothalamus.
- Head injuries.
- Consequences of syphilis or sarcoidosis.
- Complications after brain surgery.
- Kidney diseases.
- Imbalance of potassium and calcium in the blood.
- Tumors in the chest and lungs.
- Anemia.
- Taking medications that affect kidney function.
- Condition of polycystic disease.
- Signs of protein metabolism disorders.

It is possible to establish the exact cause of the disease in approximately 60-70% of cases. For the remaining patients, an unknown source of the disease is assumed, directly or indirectly related to disturbances in the functioning of the brain.

Symptoms of the disease

The symptomatic picture can appear rapidly or sequentially. The main warning factors are severe thirst, which cannot be controlled even with plenty of fluids, and frequent urination. Some patients can consume up to 10-15 liters of water per day, which negatively affects metabolic processes in the body. Other signs include:

- Weakness, uncontrolled weight loss.

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- Change in salivary secretion.
- Headaches, dizziness.
- Heart rhythm disturbances, decreased blood pressure.
- Insomnia, irritability.
- Irregularity of the menstrual cycle.
- Dry skin.
- Distension of the bladder and stomach.

In children, diabetes insipidus is determined by the following criteria:

- Decreased appetite.
- Slight weight gain.
- Constipation, enuresis.
- Vomiting while eating.

In newborns, diabetes mellitus is expressed in copious amounts of urine, restless behavior, refusal to eat and weight loss. There is a sharp change in body temperature, vomiting, and preference for water instead of breast milk. If the disease worsens, the child may exhibit convulsive readiness or lose consciousness.

Complications of diabetes insipidus: In the absence of timely treatment, the disease can negatively affect reproductive function, causing impotence in men and infertility in women. The increased load on the kidneys can cause their dysfunction and failure, which becomes the cause of a life-threatening condition for the patient. At the same time, neurological symptoms, signs of exhaustion, disturbances in the digestive tract, etc., intensify. Loading the bladder and weakening its walls leads to overstretching and symptoms of incontinence, and can also cause perforation and rupture.

Diagnosis of pathology

A primary diagnosis can be made based on the studied history and the patient's characteristic complaints of constant thirst and an increase in the amount of urine excreted. To confirm the assumption, the patient is referred for laboratory testing of urine and blood. In the analysis of the first in diabetes insipidus, changes in density and osmotic parameters, increased concentration of vasopressin can be observed. There is an increase in sodium volume in the blood. Magnetic resonance imaging allows us to clarify the cause of the pathology and its connection with the pituitary gland and hypothalamus of the brain.

Treatment of diabetes insipidus

The direction of treatment depends on the symptomatic picture and the nature of the underlying disease that caused the development of diabetes mellitus:

- Elimination of the cause of the pathology is of primary importance - removal of a tumor, healing of a brain injury, etc.
- Taking medications that help normalize water balance and reduce the volume of urine excreted.
- A diet that reduces the load on the kidneys by reducing the amount of protein and maintaining a stable amount of fats and carbohydrates.

The therapeutic effect is provided by annual sanatorium-resort treatment with mandatory physical activity, balneotherapy, mud therapy, physiotherapy procedures, etc.



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