

UNDERSTANDING DIABETES: A CHRONIC DISEASE TROUBLING MILLIONS OF PEOPLE IN THE WORLD IN THE 21ST CENTURY (1)

Israel Mbuso Ntshangase*

*Doctor of Ministries,
Department of Theology and Religious Studies,
Adventist University of Africa Nairobi,
Kenya, EAST AFRICA
Email id: ntshangasei@nc.adventist.org
DOI: 10.5958/2319-1422.2023.00008.5

ABSTRACT

The primary focus of this article is the understanding diabetes as a chronic disease, which is troubling millions of people in the world currently. The study examines the origin, the spread, and management strategies for the diabetes. Health professionals agree that the disease is chronic, therefore not curable in most cases. Again, they agree that it is a family disease, meaning that it runs through the family history. They also say that it is a lifestyle disease. The Seventh-day Adventist Church generally is health-conscious organization, and is concerned about the negative impact of diseases, which ravages humanity nowadays. The disease has other related diseases that go with it, such as high blood pressure, blindness, stroke, kidney failure to mention just a few. Such and other diabetic complications will be discussed in this article. For this reason, such illnesses will also be looked at in order to comprehensively preserve lives and encourage the health consciousness of the people living today. This study focuses on the following subtopics: Understanding diabetes, history of diabetes, types of diabetes, blood glucose, diabetic symptoms, diagnosis, and preventing and reversing diabetes, etc.

Purpose: *The purpose of the study is to make a significant contribution in the better or full understanding of diabetes as well as how to prevent, treat it or manage it successfully. Developing relevant strategies, which would prolong life with a disease for all who live with it and their immediate families.*

Findings: *It must be noted that the history of diabetes traces its origin from 1550s BC. How and why, it was initially named diabetes mellitus. The very first physician who discovered diabetes, and its symptoms will be mentioned. Among many attempts to prevent, treat or reverse diabetes, three main methodologies would be revealed, such as diet, exercise, and medication.*

KEYWORDS: *Diabetes, High Blood Pressure, Diabetic Complications.*

BIBLIOGRAPHY

1. Colbert, Don. I can do this diet New Medical Breakthroughs that use power of your brain and body chemistry to help you lose weight if off for life. Siloam Publishers. Lake Mary. Florida. 2010.

2. Diehl, Hans & Ludington Aileen. Health by choice-not chance. Stanborough Press. Grantham. India. 2011.
3. Internet. Diabetes Tests & Diagnosis-NDDK.www.nddk-neh.gov/health-information.
4. Internet. Krisha, McCoy.www.everydayhealth.com/diabetes/under
5. Jain, Ritu. Defeating Diabetes. Kuldeep Publishers. New Delhi. India. 2013.
6. Mardlin, Emma. Mind Body Diabetes Type 1 & Type 2 a positive powerful, and proven solution to stop diabetes once and for all. Findhorn Press. Scotland. United Kingdom. 2016.
7. Mitchell, Clemency. Understanding Nutrition. Stanborough Press. Grantham. China. 2011.
8. Walker, Rosemary. The Diabetes Handbook. Penguin Random House. Greta Britain. London. 2013.