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Treatments for DM and DKA

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According to Olafsdottir et al. (2017), Diabetes Mellitus type 1 is normally treated by the use of insulin whereby the victim is injected. On the part of DM type 2, the initial treatment involves the reduction of weight through such practices as exercising and having a healthy diet. For a diabetic person, the diet to be taken should be free from fats, low calories, balanced in nutrition where the fruits, grains, and vegetables should be abundant. There is also a need for drug therapy for people suffering from DM type 2 to control the level of blood sugar. It is however possible to control the levels of blood sugar through losing weight, exercising regularly, and taking a healthy diet. Some of the medications recommended for DM type 2 include injections as well as pills. These medications serve to slow down the rate of digestion, increase the amounts of insulin, lower the appetite for large quantity meals and lower the resistance of insulin in the liver and the muscles (Jannoo et al., 2017).

On the part of Diabetic Ketoacidosis, the current recommended treatment is the replacement of bicarbonate where the pH is lower than 7.0; therapy that involves a low dose of insulin which should be administered at particular intervals, replacement of potassium with ECG nursing since the first therapy of insulin as well as other measures that may be deemed supportive. During the treatment, people suffering from DKA should be aware of complications such as hyperkalemia, underhydration, pancreatitis, hypokalemia, and shock would go a long way in improving the mortality and morbidity of DKA (Rabbone et al., 2017).

References

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