

## **Chapter 5**

### **HISTORY OF TYPE 1 DIABETES MELLITUS AND CURRENT TREATMENT METHODS**

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#### **1. INTRODUCTION**

##### **1.1. Type 1 Diabetes And Its History**

In recent years, especially in parallel with technological developments, the sedentary lifestyle has increased in humans, and this situation has paved the way for the increase of health problems that arise in parallel with the sedentary lifestyle. These diseases are called “diseases of our age” as these diseases are increasing in modern society. Since the increase in diseases brought by modern society life threatens countries’ health expenditures, diseases threaten both individual health and economic structure. One of the diseases described as the disease of our age is the type I diabetes (2). Type I diabetes is shown among the most common endocrine system diseases today (3).

Diabetes; is defined as a chronic and metabolic disease characterized by hyperglycemia that occurs as a result of insulin effect, insulin secretion, or defects in both of these factors (4-6). Diabetes, when defined more broadly, is a metabolic and endocrine disorder characterized by chronic hyperglycemia, which occurs in parallel with the deficiency of insulin hormone in the organism or develops as a result of insulin absence/insufficiency, causing deterioration in fat, protein, and carbohydrate metabolism (7). As can be understood from the definitions made, diabetes is not an isolated disease, but a heterogeneous disease that includes different physiopathological elements, has a genetic background and prepares the ground for glucose intolerance (8). Type I diabetes, on the other hand, is defined as a metabolic disease characterized by hyperglycemia and insulin deficiency,

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## 2. Conclusion

Blood glucose level is one of the main factors used in the diagnosis and diagnosis of type I diabetes and that patients should pay attention to in their daily lives. For this reason, regular testing of blood glucose levels is one of the traditional methods of supporting the treatment during the disease process. When factors that cannot be changed, such as genetic factors and family history, are put aside, changing daily life habits of children and adolescents in the protection of type I diabetes reduces the risk factor of type I diabetes and positively affects daily life activities, sick individuals. In this context, exceptionally healthy nutrition physical activity is among the protective factors in type I diabetes. The literature shows that research findings on this subject also include physical activity and eating habits among effective methods in combating type I diabetes.

In recent years, it is seen that current treatment approaches are widely used in type I diabetes patients, especially in parallel with the developments in the field of medicine. Pancreas transplantation, which eliminates the need to use insulin throughout the patients' lives, is the leading treatment method, and it is recommended to use this method, especially in patients with severe problems during the treatment process. In addition, although stem cell therapy is seen to be quite effective in the treatment of type I diabetes, phase studies are also continuing in the fight against type I diabetes.

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