



Peel Completely Online Discussion Against Diabetes In The Middle Of The Covid Pandemic 19

Faculty of Social and Political Sciences, Medan Area University (FISIP UMA) held a webinar through the Cloudx application, Wednesday (05/20/20). The discussion was about Knowing, Preventing, and Fighting Diabetes in the middle of the Covid Pandemic 19).

The activity was opened by the deputy dean of academic field, Faculty of Social and Political Sciences UMA Beby Mashito Batubara, S. Sos, MAP. in his remarks the Vice Dean for Academic Affairs was very supportive and thanked the speakers as much as possible, with the online discussion it was hoped that the general public would know about diabetes and be able to prevent it well if it had been exposed.

In addition, diabetics must be able to maintain their immune system so that they are not exposed to complications in the midst of the Covid-19 Pandemic. Furthermore, the event was guided by Beltahmamero Simamora, S.IP., MPA as a moderator who is the secretary of the Public Administration Study Program at Medan Area Universtias.

The speakers were Dr. H. Syafruddin Ritonga, MAP who is the Chairperson of the Indonesian Diabetes Association (Persadia) Medan who is also a Lecturer in the Faculty of Social Sciences and Politics. In the discussion the speaker explained about the introduction of diabetes, which basically diabetes occurs when blood sugar levels are too high for the body to process. Blood sugar stays in the bloodstream, which can cause complications such as heart disease, kidney disease, and blindness. Diabetes has three types, namely type 1 diabetes, type 2 diabetes and gestational diabetes.

Type One Diabetes

Type one diabetes An autoimmune disease in which the pancreas stops producing insulin, a hormone that allows people to get energy from food. The immune system attacks and destroys insulin-producing cells. Type 1 diabetes usually attacks children, adolescents, and adults, this will last a lifetime. To survive, someone who has type 1 diabetes must be given daily insulin injections.

Type Two Diabetes

Namely a metabolic disorder in which a person's body still produces insulin but is ineffective or inadequate. Type 2 diabetes is usually diagnosed in adults and does not always require insulin injections. But increasing obesity results in an increase in cases of type 2 diabetes in children and adolescents.

Gestational Diabetes

namely Diabetes that develops only during pregnancy. Gestational diabetes is usually diagnosed late in pregnancy. If you have been diagnosed with diabetes before pregnancy, you have diabetes. Gestational diabetes treatment can help you and your baby stay healthy. You can protect the baby and yourself by controlling blood glucose levels.

Signs of Diabetes Symptoms

Symptoms of diabetes are characterized by frequent urination (polyuria), frequent thirst (polydipsia), frequent hunger (polyphagia), weight loss without dieting, healing long wounds, dry skin and mouth, feeling a needle in the foot.

In addition, diabetes has effects such as blood vessels (hypertension), brain (stroke), heart (coronary heart), kidney (kidney failure and dialysis), nerves (limb decay ulcers), eyes (damage to the retina of the eye)

Prevention

Nevertheless diabetes can be prevented by means of, adequate rest, proper eating patterns, multiply the consumption of fruits and vegetables, Exercise Routine, avoid Stress, Routine Blood Sugar Check and Consumption of Healthy Drinks as Alternative Foods Substitute.

Fight Diabetes

Diabetes can also be combated in various ways, to fight diabetes itself is done differently according to its type. Type 1 diabetes occurs because the immune system destroys the insulin-producing part of the pancreas. Thus, patients must get insulin injections regularly and go on a healthy diet. Meanwhile type 2 diabetes occurs because the pancreas does not produce enough insulin. This is overcome by dieting, exercising, and taking medicine. Routine treatment must also be suffering from diabetes. They must know in detail about the dosage and its use in order to avoid complications.

Another thing that should not happen to diabetics is injury. Highly recommended for you diabetics to avoid injury. Amid the Covid-19 pandemic, people with diabetes are more likely to experience severe symptoms and complications when infected with the virus. If diabetes is managed properly, the risk of severe illness due to covid-19 is almost the same as the general population.

When sick with a viral infection, people with diabetes do face an increased risk of DKA (Diabetic Ketoacidosis), which is usually experienced by people with type 1 diabetes. DKA can make it difficult to manage fluid intake and electrolyte levels, which are important in

managing sepsis. Sepsis and septic shock are some of the more serious complications experienced by some people with covid-19.

Impaired immune system due to diabetes makes it harder for sufferers to fight the virus and possibly leads to a longer recovery period. Second, the virus can develop in a high blood glucose environment. In China, where the majority of cases have occurred, so far people with diabetes have a much higher rate of serious complications and death than people without diabetes. Generally, the more a person's health conditions (for example diabetes and heart disease), the higher their chances of getting a serious compilation from Covid-19.

