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Opinion Article

A Short Note on Latent autoimmune Diabetes in Adults

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Introduction

Adults with latent autoimmune diabetes have clinical characteristics that are similar to both type 1 diabetes (T1D) and type 2 diabetes (T2D) (T2D). It's an autoimmune type of diabetes that's similar to T1D, but patients with LADA also have insulin resistance, which is similar to T2D, and they share certain risk factors for the disease. According to studies, LADA patients have antibodies against insulin-producing cells, and these cells avoid producing insulin at a slower rate than T1D patients. T1D and T2D tend to have genetic risk factors in common, but LADA is genetically distinct from both. There is genetic and phenotypic variation within the LADA patient population, with varying degrees of insulin resistance and autoimmunity. LADA can thus be defined as a hybrid type of T1D and T2D, with phenotypic and genotypic similarities to both, as well as variation within LADA in terms of autoimmunity and insulin resistance, based on current knowledge. Adults with latent autoimmune diabetes experience symptoms close to those of other types of diabetes, including polydipsia (excessive thirst and drinking), polyuria (excessive urination), and blurred vision. When compared to juvenile type 1 diabetes, the signs take longer to manifest, taking at least six months. Antibodies to glutamic acid decarboxylase are typically found in people with LADA, signals.

A history of type 2 diabetes is the most important risk factor. It can happen to people who have never had diabetes before or who have diabetes type 1 on rare occasions. Infections, strokes, trauma, some drugs, and heart attacks are all potential triggers. Blood tests reveal a blood sugar level of more than 30 mmol/L (600 mg/dL), an osmolarity level of more than 320 mOsm/kg, and a pH level of less than 7.

Diabetic dermopathy is a form of skin lesion that affects people who have diabetes. It starts as small, round, atrophic hyperpigmented papules on the shins and progresses to wellcircumscribed, well-circumscribed, small, round, atrophic hyperpigmented skin lesions. It is the most common of many diabetic skin disorders, with up to 30% of diabetics suffering from it, but the practice did not become common until the 1900s, with the development of safe and successful procedures.

Total -cell loss occurs in almost all of these patients, but it can take up to 12 years to establish, according to prospective follow-up of these patients. Type 2 diabetic patients with islet antibodies have impaired -cell function at diagnosis, despite not having insulin at the time of diagnosis. As a result, insulin therapy is recommended at the time of diagnosis. Insulin's effect in these patients is most likely antiglucose toxicity rather than immune modulatory retinopathy

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