

# Unveiling Diabetes: Historical Milestones in Diabetology | Frontiers in Diabetes 29



## Unveiling Diabetes - Historical Milestones in Diabetology (Frontiers in Diabetes Book 29) by Latha Ganti

★★★★★ 5 out of 5

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Diabetes is a chronic disease that affects millions of people worldwide. It is a complex disease that can lead to a number of serious complications, including heart disease, stroke, kidney failure, and blindness.

The history of diabetes is a long and complex one. The earliest descriptions of the disease date back to ancient times, and it has been a major public health concern for centuries. Over the years, there have been a number of important milestones in the history of diabetes, including the discovery of insulin in 1921 and the development of new treatments for the disease in the 20th and 21st centuries.

This book provides a comprehensive overview of the historical milestones in diabetology, covering the major advances in the field from the early descriptions of the disease to the latest breakthroughs in diagnosis and

treatment. It is an essential resource for anyone interested in the history of diabetes and its impact on human health.

## **Chapter 1: The Early History of Diabetes**

The earliest descriptions of diabetes date back to ancient times. The first known mention of the disease is found in the Ebers Papyrus, an Egyptian medical text that was written around 1500 BC. The Ebers Papyrus describes diabetes as a disease that causes excessive thirst, frequent urination, and weight loss.

In the centuries that followed, diabetes was also described by other ancient physicians, including Hippocrates, Galen, and Avicenna. However, it was not until the 17th century that the disease was given its modern name. In 1675, Thomas Willis coined the term "diabetes mellitus" to describe the sweet urine that is a characteristic of the disease.

## **Chapter 2: The Discovery of Insulin**

The discovery of insulin in 1921 was a major turning point in the history of diabetes. Insulin is a hormone that is produced by the pancreas and is essential for the body to use glucose for energy. Before the discovery of insulin, people with diabetes were often unable to survive for more than a few years.

The discovery of insulin was made by a team of researchers at the University of Toronto, led by Frederick Banting and Charles Best. Banting and Best were able to isolate insulin from the pancreases of dogs and then use it to treat dogs with diabetes. In 1923, the first human patient with diabetes was treated with insulin, and the disease became a manageable condition.

### **Chapter 3: The Development of New Treatments for Diabetes**

Since the discovery of insulin, there have been a number of important advances in the treatment of diabetes. In the 1940s, the development of oral hypoglycemic agents provided a new way to lower blood sugar levels. In the 1970s, the development of the insulin pump provided a way for people with diabetes to deliver insulin more precisely. And in the 1990s, the development of continuous glucose monitoring systems provided a way for people with diabetes to track their blood sugar levels more closely.

Today, there are a variety of different treatments available for diabetes, including insulin, oral hypoglycemic agents, and lifestyle changes. With proper treatment, people with diabetes can live long, healthy lives.

### **Chapter 4: The Future of Diabetes**

The future of diabetes is bright. There are a number of promising new treatments in development, including artificial pancreas systems and gene therapy. These treatments have the potential to revolutionize the way that diabetes is treated.

In addition to new treatments, there is also a growing focus on prevention. By making healthy lifestyle choices, such as eating a healthy diet and getting regular exercise, people can reduce their risk of developing diabetes.

Diabetes is a serious disease, but it is one that can be managed. With proper treatment and lifestyle changes, people with diabetes can live long, healthy lives.

This book provides a comprehensive overview of the historical milestones in diabetology, covering the major advances in the field from the early descriptions of the disease to the latest breakthroughs in diagnosis and treatment. It is an essential resource for anyone interested in the history of diabetes and its impact on human health.



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