

## **Diabetes and Covid-19**

Persons diagnosed with diabetes are likely to have a lot of complications if they contract Covid-19, however, there is still not enough data to show that diabetic people are at a higher risk of getting Covid-19 compared to any other population.

Covid-19 is an extremely infectious disease originating from the novel coronavirus. It spreads through close personal contact with an infected person.

Most people who might have contracted the disease have symptoms that are mild and most of the time they do not need special treatment from the hospital. These mild symptoms are sore throat, tiredness, cough, fever, and breathe shortness. Diabetic people may have severe symptoms like pneumonia or difficulties with breathing.

Generally, infections tend to be very serious to those who are diabetic. This is because diabetes affects how the immune system operates, therefore weakening the immune system and making it harder for the body to fight new viruses coming in.

Research shows that Coronavirus is likely to thrive in an environment with high blood glucose. Since type 2 diabetes leads to a rise in blood sugar levels, it creates a good atmosphere for coronavirus to survive.

Diabetes keeps the body in a low-level state of inflammation, making its healing response to any infection sluggish. A combination of high blood sugar levels with a persistent kind of inflammation makes it more difficult for those with diabetes to recuperate from diseases such as Covid-19.

Research shows that diabetic people who develop Covid-19 have a higher risk of death-a 7.3% death rate compared with a 5.6% death rate for people suffering from other illnesses, such as cancer, and are exposed to coronavirus.

Even more than usual, it is advised that diabetics take control of their blood sugar level so as to reduce the risk of becoming very ill from the coronavirus.

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