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Could High Blood Sugar Ever Be a Blessing?

By: Archie L. Tucker

You get up in the morning and your blood sugar is 150. Is this good or bad? It all depends on how you look at it. If you look at it as the actual reflection of the glucose level in your blood, anything above 85 is bad. However, if you look at it as a warning that you are headed for big, big trouble and it's time to do something about it, then it just may be a blessing.

In 2016, I was diagnosed with type 2 diabetes. This was a wakeup call. What is type 2 diabetes and what is the difference between type 2 and type 1 diabetes? Can they be cured?

Type 1 diabetes: This disease manifests itself when, for whatever reason, the body's own self defense mechanism, the—immune system—attacks the insulin producing beta cells of the pancreas resulting in the body's inability to produce insulin. It can be treated with insulin injections; but it cannot be cured.

Type 2 diabetes: This disease usually manifests itself only after years of imbibing a diet of highly processed carbohydrates. The body becomes insulin resistant and can no longer effectively escort glucose into the somatic cells. As a result, the red blood cells become sugar coated, glycated, and can no longer function well. Actually, in reality, the red blood cells are not just coated with sugar; the sugar is actually bonded to the red blood cells. Type 2 diabetes can be cured.

How is type 2 diabetes diagnosed? Red blood cells are completely replaced on a 120-day cycle. Currently, the main way doctors test for type 2 diabetes, is through what is called a hemoglobin A1C test. With special equipment, one can measure the amount of glycation (sugar coating of red blood cells). If the results are above 6.5% glycation, type 2 diabetes is diagnosed. For people without diabetes, the normal range for the hemoglobin A1c level is between 4% and 5.6%. Hemoglobin A1c levels between 5.7% and 6.4% mean you have a higher chance of getting diabetes; you are said to be prediabetic. Levels of 6.5% or higher mean you have diabetes.

Why would high blood sugar be a blessing? Currently, since most doctors don't measure insulin levels in the blood, the blood sugar level is the only way they can tell if you have insulin

resistance. If you have insulin resistance, your body is in a vicious cycle of high blood sugar, high insulin, high blood sugar, high insulin until the body's natural coping mechanism to maintain homeostasis is rendered useless.

Purpose of red blood cells: The primary purpose of erythrocytes, or red blood cells, is to carry oxygen and nutrients from the lungs and the digestive system to each cell in the body; at which point, they pick up waste material like carbon dioxide and deliver said material to the lungs, kidneys, and liver for elimination.

Glycated red blood cells: There is a direct relationship between glycated red blood cells and oxygen deficiency at the cellular and tissue levels. The normal, healthy red blood cell is very elastic and can be deformed or contorted to pass through microscopic blood vessels called capillaries. In this process, oxygen and nutrients are delivered to every cell in the body. As a result, the body is said to have "good circulation".

If the blood can't get to every cell in the body, then it may be said to have "poor circulation", as can be experienced when one sits cross legged too long. The resulting "prickly" sensation in the legs is similar to what many diabetics experience with the condition called neuropathy. However, in the first example feeling soon comes back and the "prickly" sensation goes away. For the diabetic with neuropathy, this is not so.

The diabetic's neuropathy may be, and often is, permanent and progressive. Permanent damage to the non-insulin dependent cells such as the eye lenses, kidneys, and peripheral nerve cells are common diabetic related complications.

Cause of poor circulation: All cells, as does the human body have shape. In part, a cell's shape is formed from internal scaffolding called the cytoskeleton. When a red blood cell enters the smaller microscopic blood vessels called capillaries, this scaffolding disassembles, due to the pressure of going through the vessel that is smaller than the red blood cell, and contorts itself to fit. If glycated, the internal scaffolding is unable to disassemble. As a result, the oxygen and nutrients intended for those cells in reduced or not delivered at all, eventually causing gangrene; and as we all know, this can—and with diabetics does all too often—lead to amputations.

So, as you may surmise, if we heed the warning signs and take recovery steps, type 2 diabetes can be a blessing that allows us to recover from an otherwise degenerative, debilitating, and deadly disease.

Be sure to come back and see how this dreaded disease—type 2 diabetes—can be eliminated from your body. We will be dealing with these steps in upcoming series in the "Diabetic Journal" here at 'Bent Miles Health".

*In the United States, every 17 seconds someone is diagnosed with **diabetes**, and everyday 230 Americans with **diabetes** will suffer an **amputation**," Fakorede wrote. "Throughout the world, it is estimated that every 30 seconds a leg is **amputated**. And 85% of these **amputations** were the result of a **diabetic** foot ulcer. "Dec 13, 2018*
https://www.ajmc.com/newsroom/diabetic-amputations-may-be-rising-in-the-united-states