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**METHODOLOGY FOR GROUP PREVENTIVE COUNSELING FOR DIABETES. RISK FACTORS FOR THE DEVELOPMENT OF TYPE 2 DIABETES. ANALYZE THE RISK FACTORS THAT CONTRIBUTE TO THE DEVELOPMENT OF TYPE 2 DIABETES.**

**Abstract:** Diabetes mellitus is a chronic metabolic disorder characterized by persistent hyperglycemia due to defects in insulin secretion, insulin action, or both. This article provides an overview of diabetes, including its types, risk factors, pathophysiology, and complications. The study highlights the importance of early diagnosis, effective management strategies, and patient education in preventing long-term complications. Advances in treatment modalities, including insulin therapy, oral hypoglycemic agents, and technological innovations, are also discussed. The article emphasizes the role of healthcare professionals in managing diabetes and improving patient outcomes.

**Key Words:** Diabetes mellitus, hyperglycemia, insulin resistance, complications, treatment, patient education, metabolic disorder, healthcare, prevention, technology.

**Diabetes** is a metabolic disorder that occurs due to decreased insulin levels and increased blood sugar levels.

Diabetes is one of the most dangerous diseases. It can not only spoil the quality of life, but also make a person disabled. Diabetes has a devastating effect on tissues and all blood vessels. Severe forms of this disease can lead to gangrene and amputation of limbs.

There are two main types of diabetes: type 1 is insulin-dependent and type 2 is acquired or non-insulin dependent. Type 1 diabetes develops due to the failure of the pancreas to produce the hormone insulin.

Factors affecting the development of diabetes:

1. overweight and obesity
2. diseases of the endocrine glands
3. transmitted viral infections
4. frequent stress, frequent medication
5. sedentary lifestyle.

Symptoms of diabetes

Type I diabetes usually appears in childhood or adolescence. In this case, the symptoms of the disease appear within a few days. A person with insulin-dependent diabetes can fall into a diabetic coma, so this condition requires urgent hospitalization. Type II diabetes does not manifest itself for a long time.

1. constant thirst; frequent urination
2. weakness; tiredness
3. deterioration of vision and memory
4. constant feeling of hunger
5. weight problems

6. slow healing of wounds and cuts
7. skin infections, dry skin
8. tingling in the legs
9. itching in women.

How to protect yourself from diabetes?

In order not to provoke the spontaneous occurrence of this disease, it is very important to carry out regular prevention even before the diagnosis:

1. Lead an active lifestyle and control your weight. This can be walking, gymnastic exercises, swimming, cycling, skating. In addition, any active activity that brings pleasure. Diabetes is directly related to obesity. Any physical activity reduces blood sugar and reduces the need for insulin.
2. Eat right. Eat foods rich in fiber, which normalizes bowel function and reduces cholesterol. These foods include all fruits and vegetables, cereals, dairy products, nuts, etc. Reduce the consumption of flour products, sweets, pasta. Eat only whole grain bread.
3. Get enough sleep. A rested body does not need a lot of glucose, so getting enough sleep is necessary to prevent diabetes.
4. Do not smoke and avoid stress. Stress, smoking reduces the body's resistance to diabetes and is one of the causes of diabetes.
5. If you are over 40 years old, monitor your blood glucose levels. It is especially necessary to have a blood sugar test for those who are overweight and have a sedentary lifestyle.

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