

Diabetes

Signs, Risks and Management

What is Diabetes?

Diabetes is a medical condition that relates to how our bodies process food. We have a small organ in our abdomen called the pancreas, this organ produces a hormone called insulin. When we eat food, the sugars and carbs send a signal to the pancreas to produce insulin. This helps our bodies break down the sugars in our for energy. Diabetes is when the pancreas isn't producing enough insulin for our bodies to function.



Type 1 Diabetes

Type 1 Diabetes is caused by an autoimmune disease that causes the pancreas to stop working. It is usually diagnosed in early adolescents.



Type 2 Diabetes

Type 2 diabetes develops when our body has too many insulin spikes and our pancreas begins producing less and less insulin.



Prediabetes

Prediabetes is an indicator that your blood sugar levels are higher than they should be, but not high enough to be considered Type 2 diabetes.



Gestational Diabetes

Gestational Diabetes develops during a pregnancy and will often subside after birth. It increases the risk of developing Type 2 Diabetes.

Complications From Diabetes

- Nerve Damage
- Hearing Impairment
- Kidney Conditions
- Heart Conditions
- Dementia
- Eye Damage
- Skin Conditions
- Sleep Apnea

Diabetes



Hypoglycemia: Low Blood Sugar

- Dizziness
- Shaking
- Hunger
- Headache
- Sweating
- Confusion
- Seizures
- Unable to eat or drink
- Unconsciousness



Hyperglycemia: High Blood Sugar

- Frequent Urination
- Thirst
- Headache
- Blurred Vision
- Fruity smelling breath
- Vomiting
- Shortness of Breath
- Dry Mouth
- Weakness
- Coma



Symptoms of Diabetes

- Frequent Urination
- Heightened Thirst
- Excessive Weight Loss
- Extreme Hunger
- Blurred Vision
- Numbness in Extremities
- Dry Skin
- Feeling Very Tired
- Slow Healing Wounds
- Frequent Infections



Risk Factors of Type 2 Diabetes



- Weight
- Fat Distribution in Abdomen
- Physical Inactivity
- Age - Increased risk 35+
- Family History
- Low Levels of HDL)
- High Levels of Triglycerides
- Prediabetes
- Gestational Diabetes
- Polycystic Ovary Syndrome



Diabetes Prevention



- Eat foods lower in fats and calories.
- Eat foods higher in fiber
- Eat more vegetables, fruits, and whole grains.
- Do *150 minutes+* of moderate to vigorous aerobic activity a week.
- Avoid being inactive for long periods of time - Try to move around every *30 minutes*.