

DIABETES



WHAT IS DIABETES?

Diabetes is a disease that occurs when your blood glucose/blood sugar is too high. Insulin-- a hormone made by the pancreas-- helps convert glucose from food into energy.

TYPES OF DIABETES

TYPE 1

Genetic & Family History based

TYPE 2

Unhealthy lifestyle and age based

SYMPTOMS

- Increased thirst
- Frequent urination
- Increased hunger
- Fatigue and weakness
- Blurred vision
- Unintended weight loss

COMMON CAUSES

Type 1:

- Family history
- Genetics

Type 2:

- Weight
- High fat levels
- Inactivity
- Age
- Diet



PREVENTATIVE MEASURES: TYPE 1

Prevention for **Type 1** is still in ongoing research as there is no conclusive method, however, there are some steps you can take to manage it and reduce further complications:

Follow your doctor's recommended plan, including:

- Planning and sticking to a healthy diet
- Create a workout/exercise schedule
- Manage your blood sugar and keeping blood glucose levels close to normal.
- Take fingerstick glucose measurements four or more times a day
- Use insulin injections/pumps to give insulin to the blood to match your body's needs
- Adjust insulin dosage based on glucose levels measured*

* Giving insulin 15-20 minutes before meals is optimal. Taking more insulin than you need can cause blood sugar levels to drop too low and result in hypoglycemia



PREVENTATIVE MEASURES: TYPE 2



Ways to prevent **Type 2** diabetes can be closely related to lifestyle change and diet change.

- Having a balanced diet with lots of fibers and decreased amounts of sugar can help avoid diabetes.
- Exercise is also important in achieving a healthy lifestyle and is needed regularly to prevent type 2 diabetes

Resources

Want to know more?

Visit these websites!



<https://www.diabetes.org/resources/health-insurance-aid>

<https://www.diabetes.org/blog>

