

A collection of medical supplies for diabetes management is arranged on a light-colored surface. On the left is a blue Bayer Contour TS glucose meter with a digital display showing '8.8'. In the center is an insulin syringe with an orange cap and a needle, lying on a white insulin strip. To the right is a grey and blue insulin pen. In the foreground, there are several more insulin strips and a small vial of insulin. The background is softly blurred, showing a white container and other supplies. The overall scene is dimly lit, with the text overlaid in the center.

Diabetes

By Valeria Rodriguez

What is diabetes?

- Well, it is a long-lasting chronic illness that affects the way the body turns food into energy.
- With diabetes, the body is not able to produce enough insulin and when there is not enough insulin the cells stop responding and so too much sugar stays in the bloodstream and can result to serious health problems like heart disease, vision loss and kidney disease.



Symptoms

- Urinate a lot, mostly at night
- Very thirsty
- Loss of weight without trying
- Very hungry
- Blurry vision
- Numb or tingling hands or feet
- Very tired
- Very dry skin
- Loss of concentration



Types of diabetes

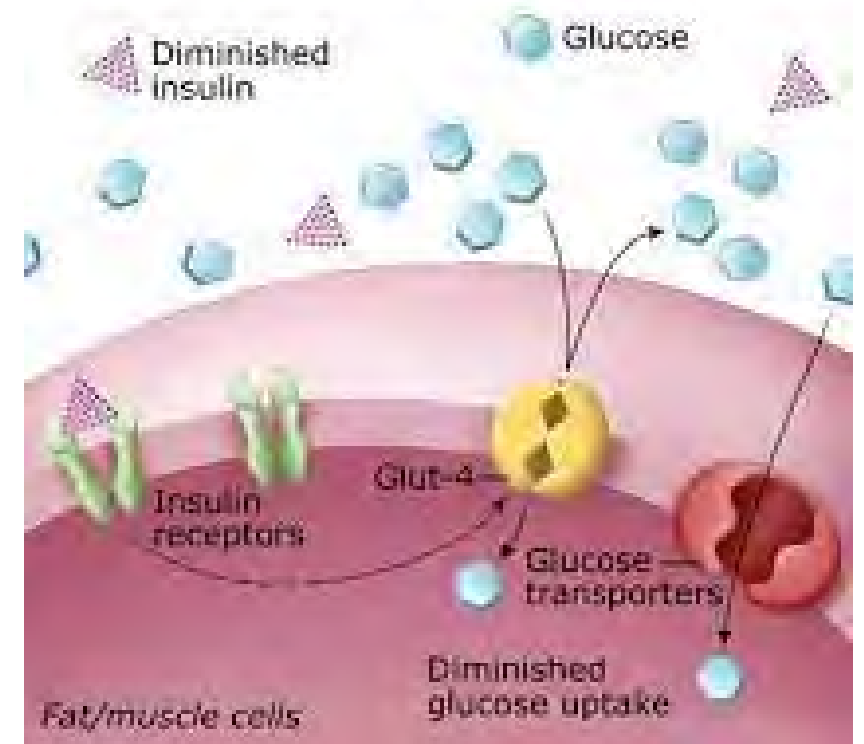
- There are 3 types of diabetes
- Type 1
- Type 2
- Gestational diabetes



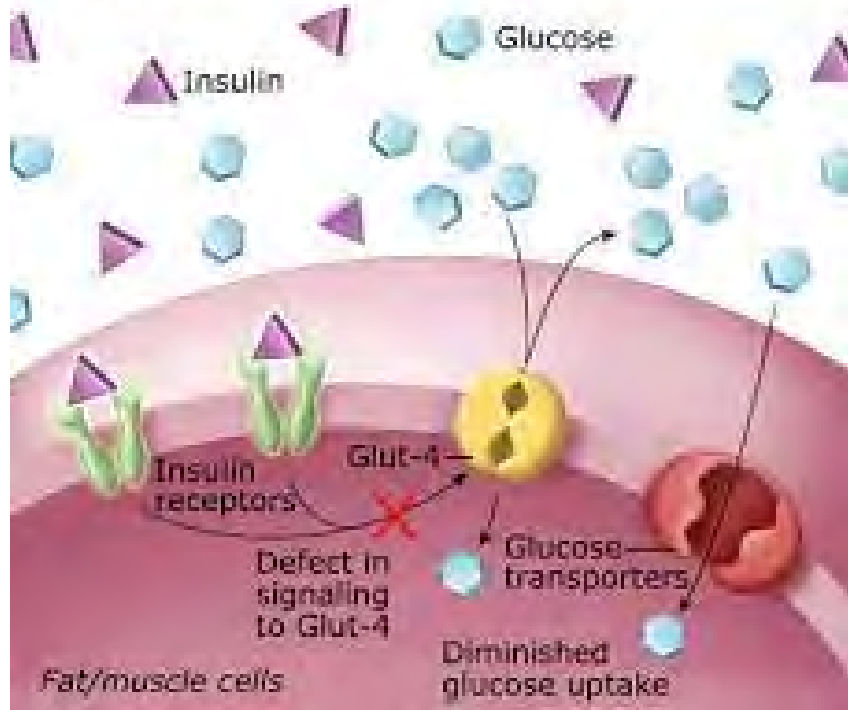
Type 1

- Type 1 diabetes was also called insulin-dependent or juvenile diabetes.
- It most common in children, teens and young adults
- In type 1 diabetes the pancreas does not make insulin or makes very little.

Type 1 Diabetes: Insufficient Insulin



Type 2 Diabetes: Insulin Resistance

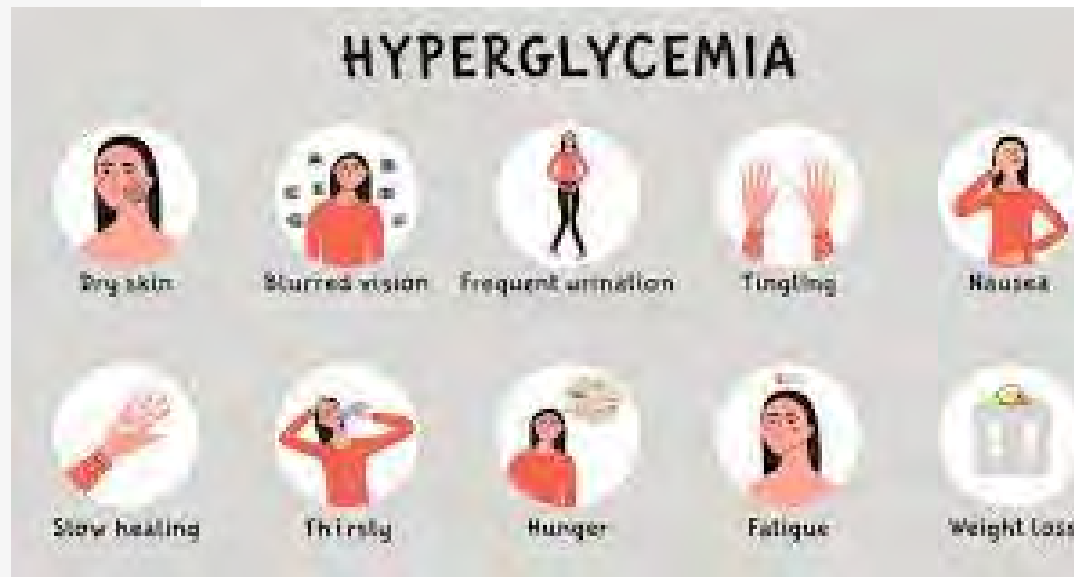


Type 2

- In type 2 diabetes the pancreas does not produce enough insulin and cells respond poorly to insulin.
- Type 2 is also known as adult-onset diabetes, but can occur in childhood and adulthood but is more common for adults and in type 2 diabetes it's where high blood sugar occurs.
- Symptoms of type 2 diabetes
 - Increased thirst
 - Frequent urination
 - Increased hunger
 - Frequent infections
 - Feeling very tired



Hyperglycemia



- It is the technical term for high blood sugar(glucose)
- High blood sugar happens when the body has to little insulin so when someone has high blood sugar and wants to lower it down its best to take a fast-acting insulin, exercising but is its hard then they should go to the hospital.

THE GLUCOSE LEVELS



Hypoglycemia

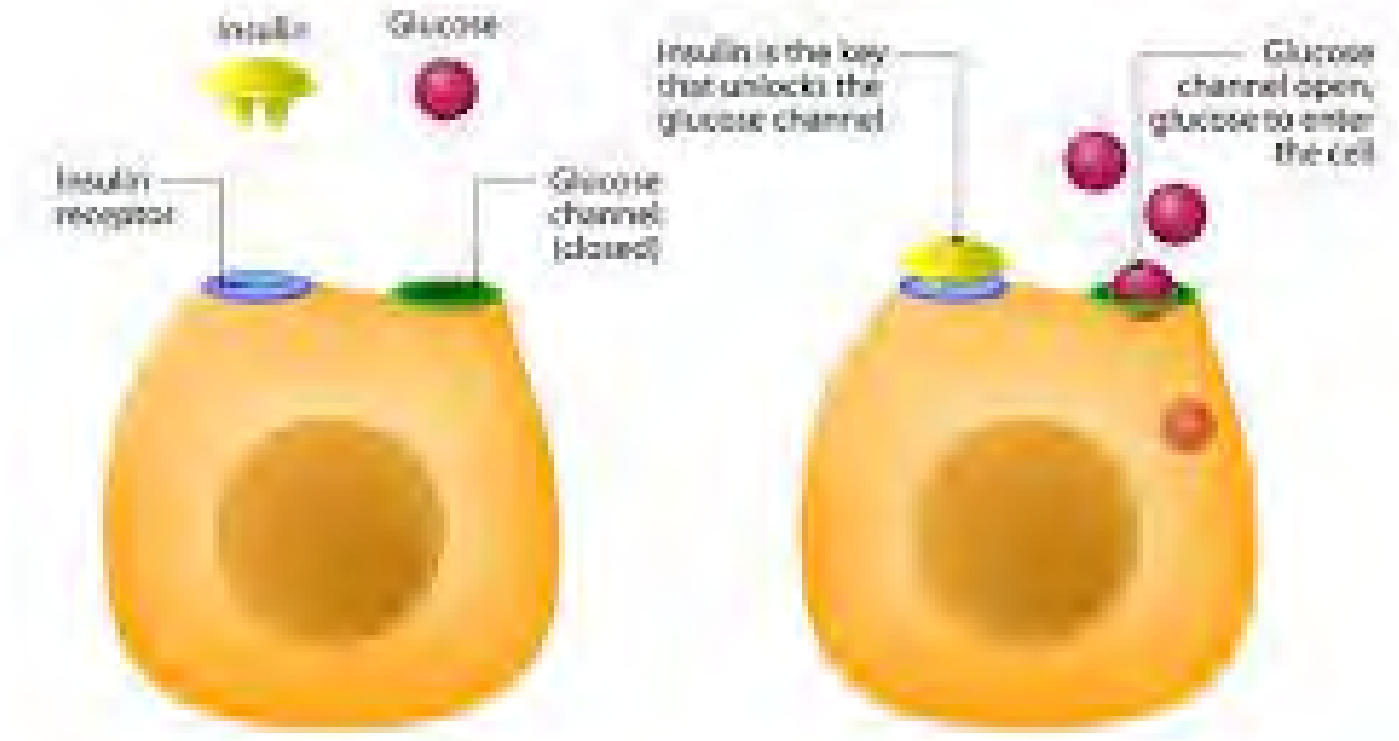
- Hypoglycemia is also known as low blood sugar, and this occurs when the blood drops below the standard range.
- Some symptoms of low blood sugar is fast heartbeat, shaking, sweating, nervousness or anxiety, confusion, hunger.
- What causes low blood sugar?
- There are many reasons and some being taking too much insulin, not eating enough carbs, not timing when taking insulin, drinking alcohol, the amount and timing of physical activity.



What is insulin? And how does it work

- Insulin is a class of medication called hormones and people with diabetes take insulin by injecting it in their body to help move the sugar from the blood into other body tissues where it's used for energy.

HOW DOES INSULIN WORK?



The diet of a diabetic

- A diet for people with diabetes should be a healthy so healthy carbs, fiber rich foods and healthy fats should be the ideal diet. Healthy carbs like fruits, vegetables, whole grains, legumes and low-fat dairy products like milk. Fiber rich foods like fruits, nuts, vegetables, and whole grains help the body digest food and help control blood sugar levels. Good fats include avocados, nuts and canola, olive and peanut oil since they can help lower cholesterol levels.
- Foods to avoid
- Saturated fats like butter, beef, hot dogs, bacon.
- Trans fats like processed snacks, backed good, shortening.
- Cholesterol sources like high fat dairy products, high fat animal protein.
- Sodium is best to aim for no more than 2,300 mg a day and if too much sodium can risk blood pressure.



Work cited

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