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 is most common in children, teens, and young adults.
- In type 1 diabetes, the pancreas does not make insulin or makes very little.
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 its where high blood sugar occurs.
• Symptoms of type 2 diabetes
  • Increased thirst
  • Frequent urination
  • Increased hunger
  • Frequent infections
  • Feeling very tired
Gestational diabetes

• Gestational diabetes can be developed during pregnancy and is with women that are overweight or have obesity. When women have Gestational diabetes, they can't make enough insulin when pregnant and can lead to complications.

• Symptoms of Gestational diabetes
  • Extreme tiredness
  • Vomiting
  • Blurry vision
  • Increased thirst
  • Increased urination
  • Extreme hunger
Hyperglycemia

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


