



DIABETES

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What is Diabetes?

Diabetes is a disease that occurs when your body is unable to digest food that is needed for growth and energy.

What's the problem?

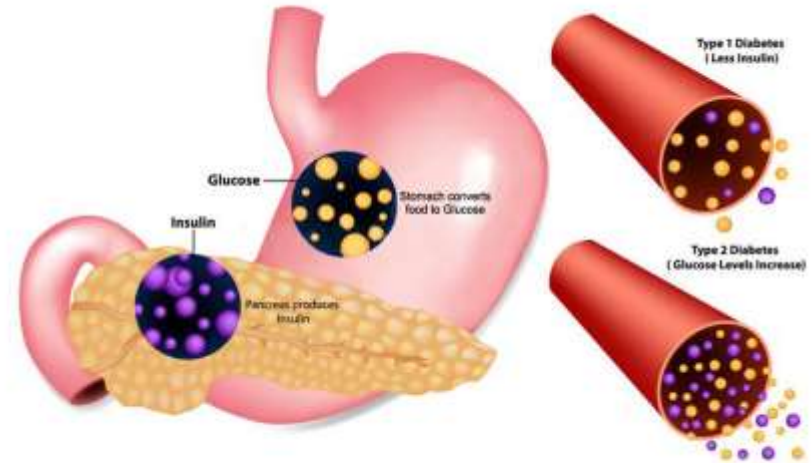


- Diabetes occurs when your body doesn't generate enough of the hormone insulin to convert what you eat into glucose.
- Glucose is the main source of fuel for the body.
- Your body cells cannot live without glucose.



What is insulin?

- **Insulin** is a hormone made by the pancreas.
- The body needs **insulin** to get glucose from the bloodstream into the cells of the body.



How will I know if
I have diabetes?



When you don't have enough insulin

Your cells do not have energy.



Your body gets tired and you start to feel sick.



Is there more than 1 type of diabetes?

Actually, there are 3 types of diabetes but we will only talk about 2 of them.



Type 1 Diabetes

Type 1 diabetes

- **Your body does not make insulin.**
- Type 1 diabetes is usually diagnosed in children.
- People with type 1 diabetes need to take insulin every day to stay alive.
- By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life.



Type 2 Diabetes

Type 2 diabetes

- Your body does not make or use insulin well.
- Type 2 is the most common type of diabetes and occurs most often in middle-aged and older people.
- You are more likely to develop type 2 diabetes if you are **overweight and are physically inactive.**



When should I see the doctor?

You need to see a doctor if you feel you have any of these symptoms.



SYMPTOMS



Frequent
Urination



Increased Thirst



Unintended
Weight Loss



Extreme
Fatigue

SYMPTOMS



Blurry vision



Get sick often



Wounds that
won't heal



Always
hungry

What happens if
I don't do
anything?



Health Problems

Over time, untreated high blood glucose leads to more serious problems such as:

- Heart disease
- Stroke
- Kidney disease
- Loss of vision
- Dental disease
- Nerve damage
- Circulatory problems



Health Issues

Diabetes is very serious and without care, you may experience one or more of these health issues:

Nerve damage



Foot damage



Eye damage



Skin problems



How will the doctor help me?

Depending upon your need, your doctor will prescribe one of the following:



Insulin Shots



Proper Diet




Insulin Pumps



Medicine



Is there a cure for diabetes?



Unfortunately, there is no cure but you can take steps to manage your diabetes and stay healthy.

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How to stay healthy

Although **diabetes has no cure**, most people can manage blood sugar levels with healthy eating and exercise.

Lifestyle changes will help prevent serious health issues from diabetes.



Exercise daily

Staying Healthy

Lose weight



Eat healthy



Limit sugar and alcohol



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Caring for Diabetes at Home

Fiber

Eat vegetables to lower your blood sugar.



Aloe Vera

Drink aloe vera juice to help cells



Cinnamon

Cinnamon can lower your blood sugar



Ginger

Drink ginger tea to reduce blood sugar



Stay Healthy

OK! We are convinced!

We are going to start an exercise program today, plus, we will eat a nutritious diet.



Myths

You can't eat
sugar

You CAN eat sugar.



**Only fat people
have diabetes**

**Anyone can get
diabetes.**

Diabetes is
contagious

You cannot spread
diabetes.



Staying Healthy



Drink clean
water!



Exercise!



Eat healthy!



Thanks for all the good
information about diabetes!
Now we know what to do to
stay healthy!!

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