

DIABETES



What is DIABETES?

"A serious disease in which a person's body cannot control the level of sugar in the blood. Currently, more than 2.5 crore people have diabetes in India and it is the 9th leading cause of death worldwide."



Types of Diabetes

- Type I – no insulin production
- Type II – insulin resistance
- Gestational diabetes – occurs during pregnancy
- MODY – maturity onset diabetes of the young

1

8 RISK FACTORS OF DIABETES

Age above 40



Sugar Remaining Borderline High

Inactive Lifestyle



High Cholesterol

High Blood Pressure



Overweight

Pregnancy



Family History

2

A1C TEST

DIABETES

6.5% or above

FASTING BLOOD SUGAR TEST

126 mg/dl or above

GLUCOSE TOLERANCE TEST

200 mg/dl or above

PRE-DIABETES

5.7 – 6.4%

100 – 125 mg/dl

140 – 199 mg/dl

NORMAL

Below 5.7%

99 mg/dl or below

140 mg/dl or below

ROAD TO TYPE 2 DIABETES

3

HYPOGLYCEMIA AND HYPERGLYCEMIA SYMPTOMS



SWEATING



PALENESS



IRRITABILITY



HUNGER



LACK OF COORDINATION



SLEEPINESS

Hypoglycemia Symptoms



THIRST



WEAKNESS



BLURRED VISION



FREQUENT URINATION



WEIGHT LOSS



TINGLING IN HANDS



HUNGER

Hyperglycemia Symptoms

STROKE



HEART ATTACK



PERIPHERAL ARTERY DISEASE



DIABETIC RETINOPATHY



CATARACTS



GLAUCOMA



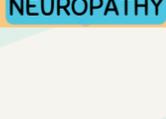
DIABETIC FOOT



DIABETIC NEPHROPATHY



PERIPHERAL NEUROPATHY



DIABETES COMPLICATIONS

5

DIABETES TREATMENT AND PREVENTION



VISIT A DOCTOR



INSULIN INJECTION



DIAGNOSTIC



KEEP NORMAL WEIGHT



HEALTHY DIET



NO SMOKING



FOOD CONTROL



AVOID ALCOHOL

7 MYTHS & FACTS ABOUT DIABETES

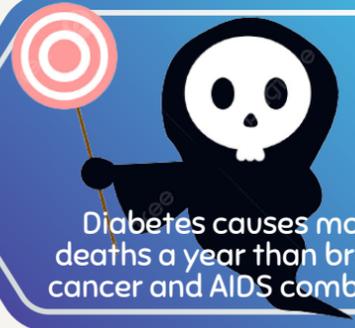
MYTH

FACT



Diabetes is not a serious disease

1



Diabetes causes more deaths a year than breast cancer and AIDS combined.



Diabetes doesn't run in my family, so I'm safe.

2

Family history is only one of several risk factors for type 2 diabetes. Others are being overweight, unhealthy diet and physical inactivity.



Eating too much sugar can cause type 2 diabetes.

3



Actually, a diet high in excess calories from any source can lead to diabetes.



People with diabetes need to follow a special diet

4



People with diabetes benefit from the same healthy diet that is good for everyone else – with a limited amount of fat and refined sugar.

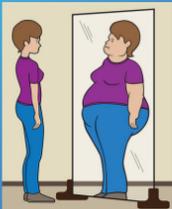


People with diabetes can't exercise or participate in sports

5



They can be tennis players, mountain climbers, weight lifters – the sky's the limit!



It is easy to tell if someone has diabetes.

6



Not always. Type 2 diabetes often goes undiagnosed because it may have few or no symptoms when it first develops.



You have to lose a lot of weight for your diabetes to improve.

7



"Losing just 7% of your body weight can offer significant health benefits."
- Diabetes Prevention Program

7 STEPS FOR BETTER LIVING WITH DIABETES



EAT HEALTHY

Eat lots of vegetables and fruit. Reduce or eliminate sugary foods and drinks.



Watch or reduce carbs.



Watch portion sizes. Eat regular meals.



Lose 10-20 pounds if you are overweight.



BE ACTIVE

Exercise 5 days a week



Be active 30 minutes a day



TAKE MEDICATION



Know your pills and insulins, understand how they work and take the right doses at the right times.

MONITOR

Check your blood sugar levels; know your A1C



Check your blood pressure, cholesterol, eyes, feet and teeth



REDUCE RISK

Quit Smoking



Do regular health exams (eye, foot & dental)



See your doctor regularly for check-ups and tests



PROBLEM SOLVE



Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

Get support from your family, friends and diabetes care team



Set realistic goals and work toward them



COPE WELL

