



Life with Diabetes

What are two types of Diabetes?

Diabetes is divided into types 1 and type 2, with types1 affecting about 10% of Diabetic and type2 the remaining 90%.

Type1 is also known as juvenile diabetes, and is usually diagnosed in childhood or before the age of 30. It is caused by the pancreas no longer being able to secrete insulin, the hormone that allows glucose (the building block of all carbohydrates) to pass from the blood into the cells. The onset of type1 is usually very rapid and insulin injections are immediately necessary.

Type2 usually affects older people (although more and more children are being diagnosed). It is a lifestyle disease, found mostly in those who are overweight, don't exercise and eat a lot of refined carbohydrates (junk food). Type2 diabetes still has a functional pancreas, but they have become insulin-resistant-in order words, their bodies do not process insulin as effectively.

IS THIS YOU? SYMPTOMS TO WATCH OUT FOR:

Type1: Constant thirst, excessive urination (even in the night), insatiable hunger, rapid weight loss and extreme tiredness. If you are experiencing any of these symptoms, it is important to see a doctor and have your glucose tested. Ignoring the symptoms of type1 diabetes can result in a coma.

Type2: Excessive thirst and need to urinate, extreme tiredness, a greater susceptibility to illness and would taking a long time to heal (especially on the feet). Other signs are erectile disfunction in men, and persistent Candida (Thrush) in women. If you are overweight and have history of Type2 Diabetes in your family, it's a good idea to have your blood glucose tested (the test is quick and easy, and can be done at most Pharmacies).

HOW TO TELL AND WHAT TO DO IF DIABETIC IS GOING LOW

Low blood sugar makes each person feel different, but there are a few common symptoms: confusion, lightheadedness, irritation and an inability to form proper sentences. The symptoms are similar to those of someone who is drunk. In a situation like this, offer the person some sweet fruit juice or a cool drink, something sugary that they can drink very quickly to counteract the low.

How diabetes works in your body

- For those without diabetes, the body performs a seemingly miraculous balancing act. Every time you eat, your pancreas releases the perfect amount of insulin to counteract the amount of glucose being released into the blood. The insulin acts as a key that fits into the lock of the cells, and allows the blood glucose to move into the cells.
- For those with insulin resistance or without a functional pancreas, things are a little trickier. Insulin resistance means that the amount of insulin being released means that the amount of insulin being released into the body is not enough for the amount of food being eaten, resulting in high blood-glucose levels. A combination of a healthier diet, more exercise (**which helps to lower blood glucose**) and oral insulin medication is often enough to correct imbalance.
- For those without a functioning pancreas (All type1 Diabetes) insulin injections are necessary, at least four times a day. Every time a Type1 diabetic eats, he or she must inject insulin to do the job that the pancreas cannot do.

CONTACT YOUR DOCTOR / CLINIC URGENTLY IF YOU EXPERIENCE ANY OF ABOVE SIGNS & SYMPTOMS!!!!!!

FOR MORE INFORMATION: PLEASE CONTACT:

BAYO THITHI

MANAGER: WELLNESS UNIT

WELLNESS UNIT: 051 506-1615/4/3