

# 7074 – Diabetes



## What is Diabetes?

Diabetes is a health condition that is caused by the body's inability to properly process glucose. There are two common types:

Type I (insulin dependant) and Type II (insulin independent).

**Type I** diabetes is most often detected early in life because the pancreas does not produce any insulin. It is termed insulin dependant because the treatment is a lifelong dependence on insulin injections. There is no cure for type I diabetes.

**Type II** diabetes is often called adult onset diabetes because it is diagnosed in adults over 40. This form of diabetes results from the body's inability to react to insulin in the body. The two main causes are being overweight and a living a sedentary lifestyle.



## Symptoms

- ✓ Constant thirst
- ✓ Frequent urination
- ✓ Fatigue
- ✓ Blurred vision
- ✓ Frequent infections
- ✓ Slow healing injuries
- ✓ Unplanned weight loss

## Long-Term Effects

Living with diabetes can have serious lifelong effects.

- **Damage to Arteries** leads to heart attack and stroke
- **Vision loss/blindness** due to damaged arteries in the eye
- **Loss of circulation** in the legs and feet which can lead to amputation
- **Kidneys** can become damaged and fail if diabetes is poorly controlled for a long time.
- **Nerve cell damage** which leads to loss of feeling to touch, heat, cold and pain.

## Risk Factors for Type II Diabetes:

1. *Weight* – Being overweight and carrying most of the weight in your abdominal section
2. *Exercise* – Exercise helps keep your weight down and increased your body's ability to process insulin
3. *Diet* – A diet low in fat, reduced calories and low in refined carbohydrates/sugars
4. *Heredity* – Family history of diabetes increases your risk of developing it yourself.
5. *Age* – risk increases with age, especially after 40
6. *Sex* – Women are more prone than men
7. *Race* – African Americans, Hispanics and Native Americans are at higher risk.

## Prevention

There are steps that can be taken to prevent the onset of Type II diabetes.

