

B.N.BANDODKAR COLLEGE

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INTRODUCTION

- Diabetes is characterized by abnormally high levels of sugar (glucose) in the blood.
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- When the amount of glucose in the blood increases, e.g., after a meal, it triggers the release of the hormone insulin from the pancreas. Insulin stimulates muscle and fat cells to remove glucose from the blood and stimulates the liver to metabolize glucose, causing the blood sugar level to decrease to normal levels.
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- In people with diabetes, blood sugar levels remain high. This may be because insulin is not being produced at all, is not made at sufficient levels, or is not as effective as it should be.



WHAT IS IT ?

- Diabetes affects 25.8 million children and adults in the world
- Diabetes can be referred to as a chronic disease characterised by high levels of sugar in the blood .
- HOW DOES THIS HAPPEN?
- Glucose enters the bloodstream from food we eat This is later used for fuel in the body .our pancreas located near the stomach makes insulin ,which plays a role in moving glucose to muscles ,liver cells and fat
- As A result our body cells are starving for energy and over time,high blood glucose levels change our overall health damaging the kidney ,heart ,eyes and nerves



TYPES OF DIABETES

• THERE ARE 4 MAJOR TYPES OF
DIABETES :

- 1)TYPE 1 DIABETES
- Usually diagnosed in childhood
- Affected by hereditary
- Sometimes there are no symptoms
- Imperative to inject insulin daily because the body makes little or no insulin
- Frequently called the insulin needed group
- Patients with type 1 diabetes needed insulin daily to survive



TYPES OF DIABETES

- 2) Type 2 Diabetes
- Most common
- Usually occurs in adulthood but diagnosis is increasing in the younger generation
- Affects many children
- Body is incapable of responding to insulin
- Rates rising due to increased obesity and failure to exercise and eat healthy



TYPES OF DIABETES

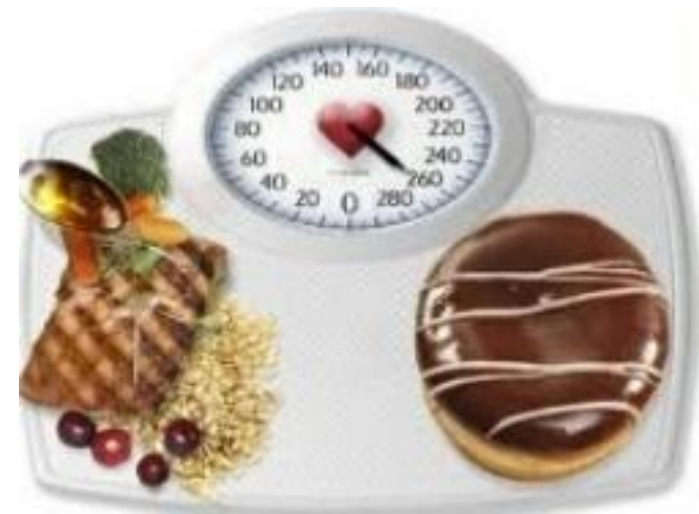
- 3) Gestational Diabetes
- Blood sugar levels are high during pregnancy in women
- Women who give birth to children over 9lbs
- High risk of Type 2 Diabetes and cardiovascular disease



A DIET TO
MANAGE
"GESTATIONAL
DIABETES"

TYPE OF DIABETES

- 4) Pre diabetes
- At least 78 million people are diagnosed with pre Diabetes each year
- Above average blood glucose level ,not high enough to be classified under type1 or type 2 diabetes
- Long term damage to body ,including heart and circulatory system
- Starts with unhealthy eating habits and inadequate exercise



SYMPTOMS OF DIABETES

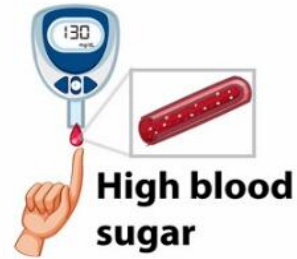
- High blood levels of sugar
- Blurry vision
- Thirst
- Painful urination
- Frequent urination
- Sores that do not heal
- Nausea
- Vomiting
- Weight loss
- Hunger
- In some cases there are no any symptoms



Feeling hungry



Feeling thirsty



High blood sugar



Blurry vision



Tingling limbs



Frequent urination

HOW DOES DIABETES TRANSMIT ?

- Genetically
- Can develop due to poor diet and inadequate exercise
- DEVELOPS DUE TO FOLLOWING FACTORS
 - 1) overweight
 - 2) high blood pressure
 - 3) high cholesterol
 - 4) family history of diabetes
- Family history of gestational diabetes



TESTING FOR DIABETES

- TWO TESTS DOCTORS USE TO DIAGNOSE DIABETES AND PRE DIABTES :
- 1)FPG(Fasting plasma glucose test)
- Patient must fast for eight hours
- Doctors draws blood
- Doctors will mix blood with other liquids to determine the amount of sugar or glucose in the blood
- This is measured in mg/dL
- Blood glucose range for pre Diabetes will be in the 100 to 125 mg/dL range
- TYPE 2 diabetes will have blood sugar result in the range of 126 mg / dL and above
- These level can increase the risk of heart disease and strioke



TESTING FOR DIABETES

- 2)OGTT (oral glucose tolerance test)
- Doctors measures how well your body reacts to average dose of sugar
- Patient will be drawn blood two hours before and after he drinks pre mixed beverage with the sugar
- Blood glucose levels are measured to see how the body reacted
- Blood glucose range for pre diabetics will be between 140 to 199 mg/dL
- For those with type 2 diabetes ,the range will start at 200 mg/dL and continue to peak



HOW TO PREVENT DIABETES

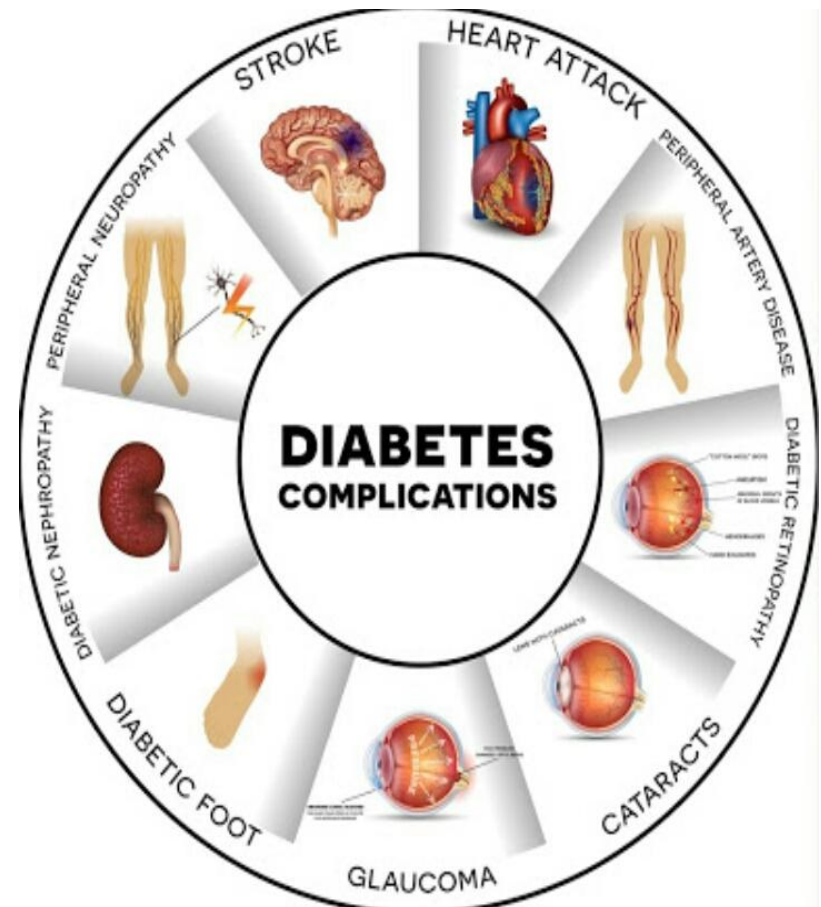


- Prevention all starts with better life style
- Eating healthier
- Being active
- Taking medicine as directed
- Taking care of our body
- Take care of teeth
- Control blood pressure
- No smoking
- Check in with your doctor at least once a month
- Check feet to make sure there is no nerve damage



HOW DOES DIABETES AFFECT THE BODY

- DIABETES CAN AFFECT :
- Heart
- Kidneys
- Eyes
- Nervous system
- Skin
- Our whole body
- Long term complication include stroke ,peripheral vascular disease ,hypertension ,urinary infections ,and coronary artery disease
- The most frequent health risk from diabetes is known as cardiovascular
- Diabetes lowers our good cholesterol and rises our bad cholesterol leading to an increase of heart disease and stroke This can cause the arteries to become clogged with fat
- At least 65%of people with diabetes die from heart disease or stroke



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- "Type 1 Diabetes Through the Life Span: A Position Statement of the American Diabetes Association"
- "Causes of Diabetes"
- "Management of blood glucose in type 2 diabetes mellitus"
- RSSDI textbook of diabetes mellitus



**REMEMBER... TAKE
CONTROL OF
YOUR LIFE!
DON'T LET
DIABETES
CONTROL YOU!**

THANK YOU