

What is Diabetes?

Diabetes is a disorder that affects the way your body uses food for energy. Normally, the sugar you take in is digested and broken down to a simple sugar, known as glucose. The glucose then circulates in your blood where it waits to enter cells to be used as fuel. Insulin, a hormone produced by the pancreas, helps move the glucose into cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, if you have diabetes, this process breaks down, and blood sugar levels become too high.

Resources and more information

<http://diabetes.about.com/od/whatisdiabetes/p/whatisdiabetes.htm>

<http://www.diabetes.org/diabetes-basics/diabetes-statistics/>

<http://diabetes.about.com/od/doctorsandspecialists/u/diabetes-treatments.htm>

<http://diabetes.about.com/>

Diabetes



We can prevent DIABETES!!!

Causes of diabetes:

- ❖ Heredity
- ❖ Obesity
- ❖ Life Style
- ❖ Diet

Symptoms:

- ❖ Frequent trips to the bathroom
- ❖ Unquenchable Thirst
- ❖ Losing weight without trying
- ❖ Weakness and fatigue
- ❖ Tingling or numbness in hands, legs or feet
- ❖ Blurred vision
- ❖ Dry skin
- ❖ Itchy

Cure:

At the moment there is no cure for diabetes. However, there are some treatments that can be used to manage this disease.

- ❖ Nutrition
- ❖ Oral medication
- ❖ Insulin
- ❖ Dialysis/Kidney transplant



Data:

Data from the 2011 National Diabetes Fact Sheet (released January 26, 2011).

Total Prevalence of diabetes.

Diagnosed	18.8 million of people
Undiagnosed	7.0 million of people
Prediabetes	79 million of people
New cases	1.9 million of people



