

# 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



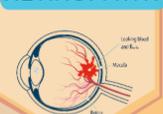
### HEART ATTACK



### 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

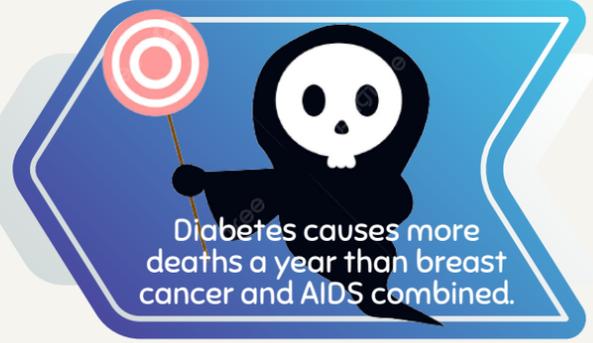
# 7 MYTHS & FACTS ABOUT DIABETES

MYTH

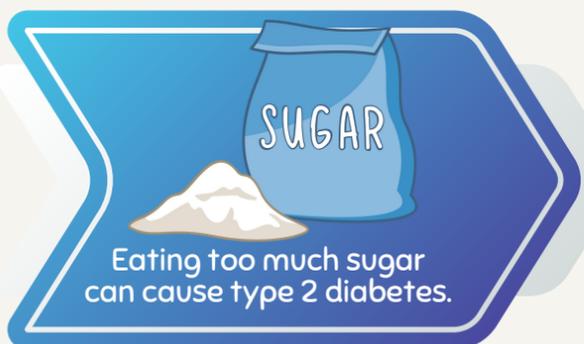
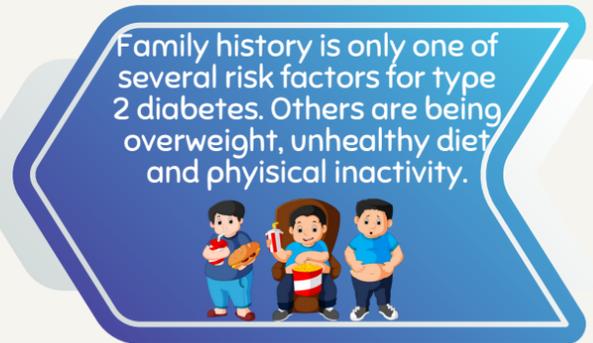
FACT



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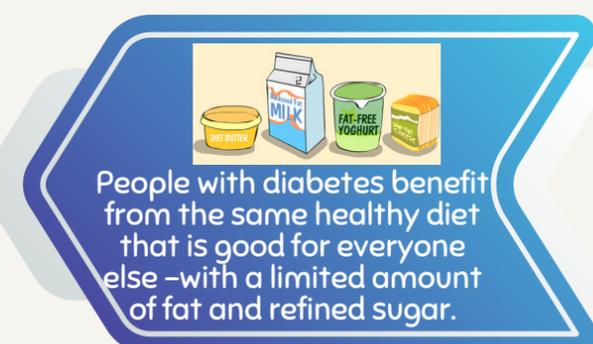
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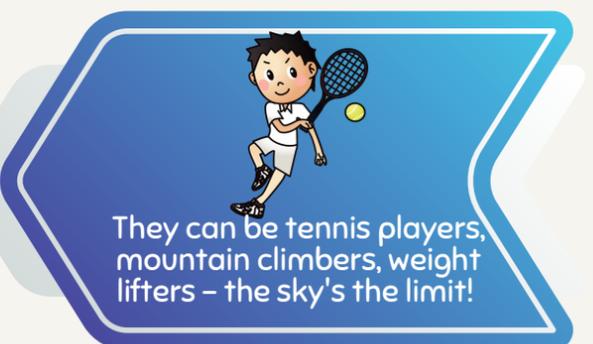
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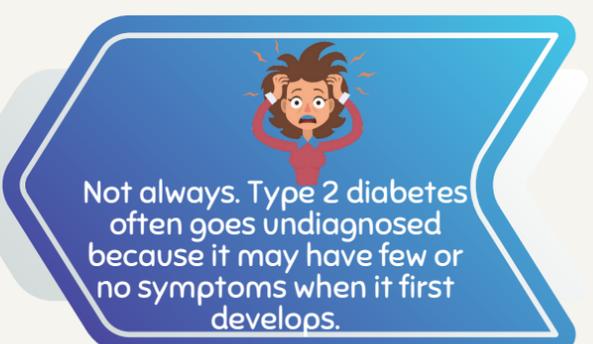
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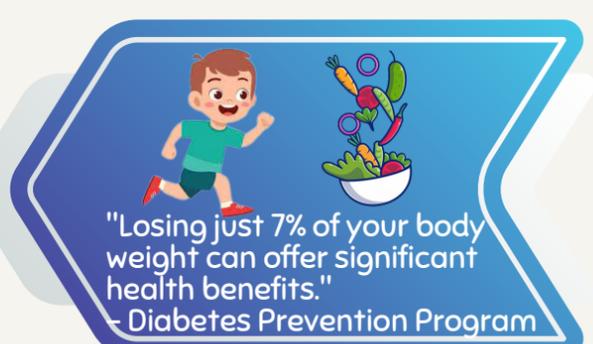
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7



# 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



## MONITOR

Check your blood sugar levels; know your A1C



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



## TAKE MEDICATION



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

## 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

