

# Diabetes

# What Is Diabetes ?

- Diabetes is defined as “a disease in which the body’s ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood and urine.”

# Types Of Diabetes

- There are type one and type two diabetes
- **Type One:**
  - Immune System completely destroys cells that are responsible for releasing insulin. This enables cells from absorbing sugar, also known as glucose, to make energy
  - Begins in childhood or young adulthood
- **Type Two:**
  - Can be developed at any age
  - The body is enabled from correctly using insulin, this phenomenon is called insulin resistance.
  - Can worsen when the pancreas continuously makes less insulin causing an insulin deficiency.

# Diabetes Risks

- If not taken care of diabetes can lead to:
  - Blindness
  - Kidney failure
  - Heart Disease
  - Stroke
  - Amputations of foot or leg
- \* So talk to your doctor about your risks !

# Diabetes Prevention

## \*Type One:

- \* Type One has no cure and cannot be prevented.
- \* The only way to control it is by taking insulin injections prescribed by a doctor.

## \*Type Two:

- \* Can be prevented through exercise and healthy eating .
- \* Make sure to get at least thirty minutes of exercise a day and eat a good amount of fruit and vegetables
- \* Can also be controlled using medication prescribed by your doctor.

\*\*\*Check your blood sugar levels frequently to see if what you are doing is working well for your body\*\*\*

# Lifestyle With Diabetes

\* To maintain a healthy diet the government recommends we consume:

\* Two cups of fruit a day

\* Two and a half cups of vegetables a day

\* Five ounces of protein a day

\* Exercise thirty minutes a day changing up the intensity of each workout

\*\*\* Check out [chosemyplate.org](http://chosemyplate.org) to make your own plan !