

What is Diabetes?



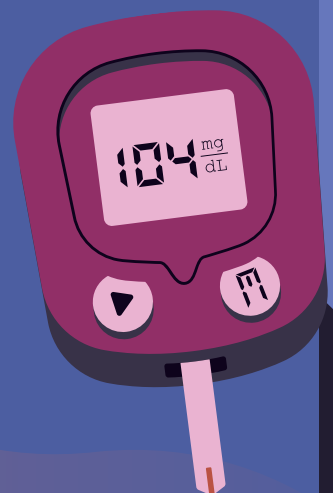
Facts about Diabetes:

Diabetes is a chronic condition affecting how food is converted to energy by the body. It affects millions of people worldwide. There are two main types:

- **Type 1 Diabetes:** Usually diagnosed in children and young adults. The body does not produce insulin.
- **Type 2 Diabetes:** Most common type, often diagnosed in adults. The body does not use insulin properly.

How diabetes affects the body?

Poor regulation of blood glucose in the blood causes muscle weakness, blurred vision, excessive thirst, & fatigue.

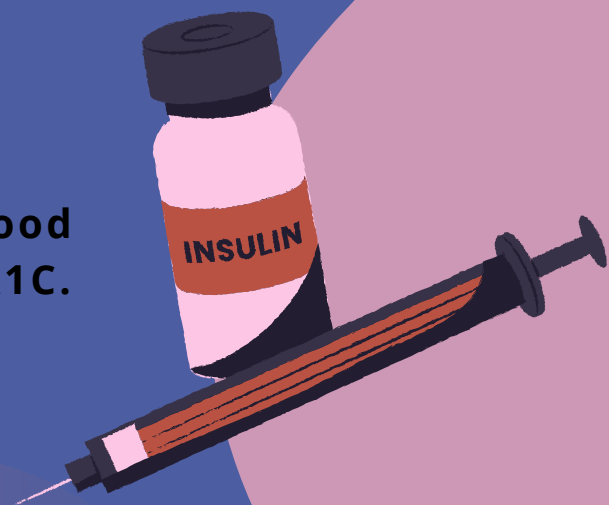


Types of complications of diabetes

- Heart disease and stroke
- Kidney disease
- Nerve damage (neuropathy)
- Eye damage (retinopathy)
- Foot problems
- Dental problems
- Skin conditions

How to monitor the level of blood glucose?

We monitor by checking the blood sugar level & looking for the A1C.



Causes & Risk Factors for Diabetes



- Obesity
- Unhealthy diet
- Lack of physical activity
- Family history of diabetes
- Ethnicity (higher risk for some racial and ethnic groups)

- Over 400 million people worldwide have diabetes.
- Diabetes prevalence is rising, particularly in low- and middle-income countries
- Most cases involve type 2 diabetes.