



Diabetes

Diabetes causes more deaths per year than breast cancer and AIDS combined, which is why it is so important to recognize the symptoms and know what you can do to prevent diabetes.

What Is Insulin?

Insulin is a naturally occurring hormone, produced by the pancreas, that makes your body's cells absorb glucose from the blood. Diabetes occurs when your body doesn't make enough insulin or can't use insulin properly. Sugar then builds up in your blood instead of moving into the cells, which can lead to serious health problems including heart disease and damage to your kidneys.

Type 1

Only 5% to 10% of people with diabetes have type 1, which is usually diagnosed in children and young adults. In type 1 diabetes, the body does not produce insulin. With insulin therapy and other treatments, even young children can learn to manage their condition.

Type 2

In type 2 diabetes, the most common form of this disease, the body either does not produce enough insulin or the cells ignore the insulin.

Prevention

There are certain unavoidable risk factors for type 2 diabetes such as age, family history, and race, but there are steps you can take to lower your risk, such as:

- Maintain your weight
- Exercise regularly
- Lower your blood pressure
- Raise your HDL "good" cholesterol

Living with Diabetes

Diabetes is a common disease, but treatment and care is different for each individual. Experts agree that all people with diabetes can benefit from checking their blood glucose. Using a meter is the most accurate way to check. It is vital to keep a log of your blood glucose level results in order to know how your body is responding to your diabetes care plan.

The first treatment for type 2 diabetes control is meal planning, weight loss, and exercise. If these measures aren't enough, your doctor may recommend medicine that lowers blood glucose levels. Insulin therapy, which is required for all people with type 1 diabetes, may be necessary for some people with type 2 diabetes. Only your doctor can determine the best plan for managing your diabetes.

Wellness