

DIABETES MELLITUS



WHAT IS DIABETES?

DIABETES MEANS THAT BLOOD GLUCOSE IS TOO HIGH. GLUCOSE COMES FROM THE FOOD WE EAT AND IS NEEDED TO FUEL OUR BODIES.

ARE THERE DIFFERENT TYPES OF DIABETES?

YES. THERE ARE THREE MAIN TYPES OF DIABETES AS FOLLOWS:

- 1. TYPE-1 DIABETES**
- 2. TYPE-2 DIABETES**
- 3. GESTATIONAL DIABETES**

WHAT IS TYPE-1 DIABETES?

1. IN TYPE-1 DIABETES THE CELLS IN THE PANCREAS THAT MAKE INSULIN ARE DESTROYED

2. IT HAPPENS WHEN THE IMMUNE SYSTEM ATTACKS AND DESTROYS THE CELLS OF THE PANCREAS THAT PRODUCE INSULIN

WHAT IS TYPE-2 DIABETES?

1. IN TYPE-2 DIABETES THE PANCREAS STILL MAKES SOME INSULIN BUT CELLS CANNOT USE IT VERY WELL

2. GLUCOSE IS LESS ABLE TO ENTER THE CELLS AND DO ITS JOB OF SUPPLYING ENERGY (THIS IS CALLED INSULIN RESISTANCE)

3. THIS CAUSES THE BLOOD SUGAR LEVEL TO RISE, MAKING THE PANCREAS PRODUCE EVEN MORE INSULIN

4. THE PANCREAS CAN WEAR OUT FROM WORKING OVERTIME TO PRODUCE EXTRA INSULIN AND MAY NO LONGER BE ABLE TO PRODUCE ENOUGH INSULIN TO KEEP BLOOD SUGAR LEVELS NORMAL

WHAT IS GESTATIONAL DIABETES?

1. GESTATIONAL DIABETES IS A TYPE OF DIABETES THAT OCCURS WHEN WOMEN ARE PREGNANT

2. IT ALSO RAISES THEIR CHILD'S RISK FOR BEING OVERWEIGHT AND FOR GETTING TYPE-2 DIABETES

HOW DO WE GET DIABETES?

HERE'S HOW WE GET IT:

1. WE EAT FOOD

2. GLUCOSE FROM THE FOOD GETS INTO YOUR BLOOD STREAM

3. OUR PANCREAS PRODUCES A HORMONE CALLED INSULIN

4. INSULIN HELPS THE GLUCOSE GETS INTO THE BODY'S CELLS

5. OUR BODY GETS THE ENERGY IT NEEDS

6. BUT IN PEOPLE WITH DIABETES, THE BODY EITHER CAN'T MAKE OR CAN'T RESPOND TO INSULIN PROPERLY

7. INSULIN WORKS LIKE A KEY THAT OPENS THE DOORS TO CELLS AND ALLOWS THE GLUCOSE IN. WITHOUT INSULIN, GLUCOSE CAN'T GET INTO THE CELLS (THE DOORS ARE "LOCKED" AND THERE IS NO KEY) AND SO IT STAYS IN THE BLOOD STREAM

8. THE LEVEL OF SUGAR IN THE BLOOD REMAINS HIGHER THAN NORMAL

9. HIGH BLOOD SUGAR LEVELS ARE A PROBLEM BECAUSE THEY CAN CAUSE A NUMBER OF SYMPTOMS AND HEALTH PROBLEMS AND CAUSE DIABETES

WHO GETS DIABETES?

DIABETES IS SEEN IN:

1. PEOPLE WHO ARE OVERWEIGHT

2. INACTIVE PEOPLE

3. WITH FAMILY HISTORY OF DIABETES

4. HAVING HIGH BLOOD PRESSURE

**5. ABNORMAL CHOLESTEROL AND
TRIGLYCERIDE LEVELS**

**6. WOMEN WITH POLYCYSTIC OVARY
SYNDROME**

7. INCREASED AGE

8. BEING ASIAN RACE

9. IF HAD GESTATIONAL DIABETES

WHAT ARE THE SIGNS AND SYMPTOMS OF DIABETES?

THE SIGNS AND SYMPTOMS OF DIABETES ARE:

- 1. BEING VERY THIRSTY**
- 2. URINATING OFTEN**
- 3. FEELING VERY HUNGRY**
- 4. FEELING VERY TIRED**
- 5. LOSING WEIGHT WITHOUT TRYING**
- 6. SORES THAT HEAL SLOWLY**
- 7. DRY, ITCHY SKIN**
- 8. FEELING OF PINS AND NEEDLES IN YOUR FEET**
- 9. LOSING FEELING IN YOUR FEET**
- 10. BLURRY EYESIGHT**

WHAT ARE THE COMPLICATIONS OF DIABETES?

LONG TERM COMPLICATIONS:

- 1. CARDIOVASCULAR DISEASE**
- 2. NERVE DAMAGE (NEUROPATHY)**
- 3. KIDNEY DAMAGE (NEPHROPATHY)**
- 4. EYE DAMAGE (RETINOPATHY)**
- 5. FOOT DAMAGE**
- 6. POOR HEALING OF WOUNDS**
- 7. SKIN INFECTIONS**
- 8. HEARING IMPAIRMENT**
- 9. ALZHEIMER'S DISEASE**

SHORT TERM COMPLICATIONS:

- 1. KETOACIDOSIS**
- 2. HYPOGLYCEMIA**
- 3. HYPEROSMOLAR HYPERGLYCEMIC STATE**
- 4. COMA**

WHAT IS THE TREATMENT OF DIABETES?

TREATMENT PLAN INVOLVES KEEPING THEIR BLOOD SUGAR LEVELS WITHIN A HEALTHY RANGE:

1. TAKING MEDICINES AS PRESCRIBED

2. DOING REGULAR EXERCISE

3. MONITORING BLOOD SUGAR LEVELS REGULARLY

4. EATING A HEALTHY AND BALANCED DIET AND FOLLOW A MEAL PLAN

FOR MORE DETAILS:

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