

DIABETES

DIABETES is a chronic disorder where there are high blood glucose levels because your body may produce none, or not enough, of a hormone called INSULIN, or your body does not respond properly to the insulin you produce.

INSULIN - is a hormone that helps the body to use the energy from sugar, starch and other types of food. Without energy the body cannot function properly.

GLUCOSE is a sugar and is in fact the main source of energy in the body.

If there is no insulin, or not enough, the blood glucose level rises

A normal glucose level for a person without Diabetes before a meal is between 4 and 8mmol/L and will not usually go higher than this, even after eating.

Blood glucose levels are measured in units called millimoles per litre of blood.

What causes Diabetes?

Type 1 diabetes is caused by the destruction of insulin producing cells in the body.

- *Type 1 may first appear at almost any age, but it most often starts in young adults.*
- *The symptoms come on suddenly.*
- *About 10% of diabetics have type 1 diabetes.*

Symptoms:

- Frequent urination
- Excessive appetite and thirst
- Weight loss
- Lethargy

Type 2 appears to have several contributing factors including genetic, age and weight. In patients with type 2, although the body does produce insulin, the insulin produced is not enough, or does not work properly.

- *About 90% of people with diabetes.*
- *Type 2 usually progresses gradually.*
- *Most patients with Type 2 diabetes are overweight and older than 40.*

Symptoms:

- Tiredness
- Blurred vision
- Dry skin
- Increased appetite and thirst
- More frequent urination.
- Tingling or loss of feeling in hands and feet
- Infections that cannot be cured.

FURTHER INFORMATION:

www.diabetes.co.uk
www.diabetes.nhs.uk
diabetes.direct.uk.net

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