

Diabetes

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What is diabetes?

Diabetes is a chronic, metabolic disease characterized by elevated levels of glucose, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves.



Types of Diabetes

01

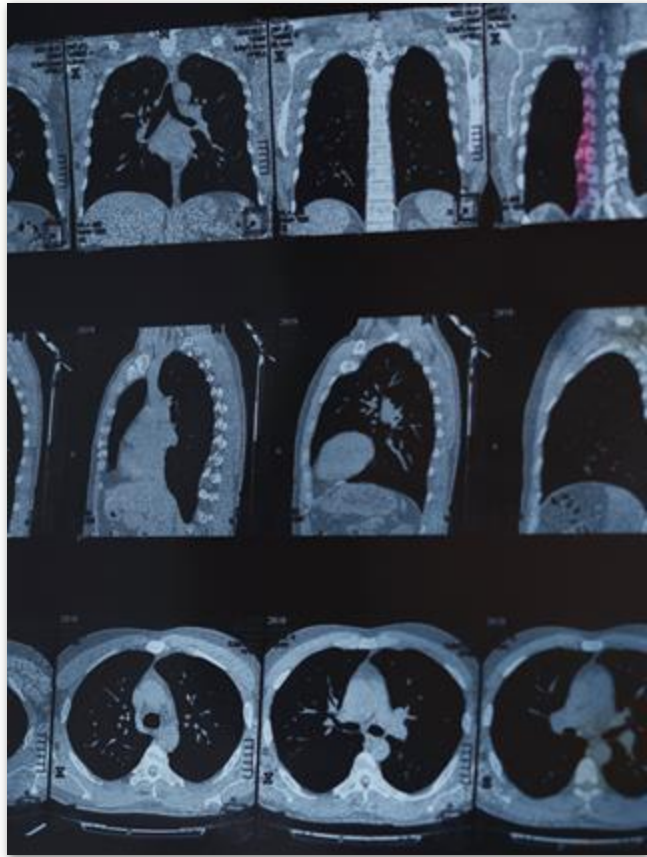
Type 1

Insulin deficiency

02

Type 2

Sugar in the blood to becoming too high



01

Type 1

Type 1 diabetes

Type 1 diabetes

Type 1 diabetes is a continuous medical illness which occurs when the pancreas, an organ located beneath the stomach, is unable to generate enough insulin.

The insulin hormone is essential for controlling blood sugar levels. In people with Type 1 diabetes, the immune system mistakenly targets and kills the cells in the pancreas that produce insulin, leaving the body insulin lacking.



Causes for type 1 diabetes



Family history

Having a parent, brother, or sister with type 1 diabetes



Environmental factors

Environmental factors, such as viruses, Hygiene, vaccines, maternal age, psychological stress and seasonal variation that might trigger the disease.

Consequences

Consequences for type 1 diabetes

- Feeling more thirsty than usual
- Urinating a lot
- Feeling very hungry
- Losing weight without trying
- Feeling irritable or having other mood changes
- Feeling tired and weak
- Having blurry vision
- Increased risk of developing heart disease, stroke, eye and kidney disease.

Solutions for diabetes

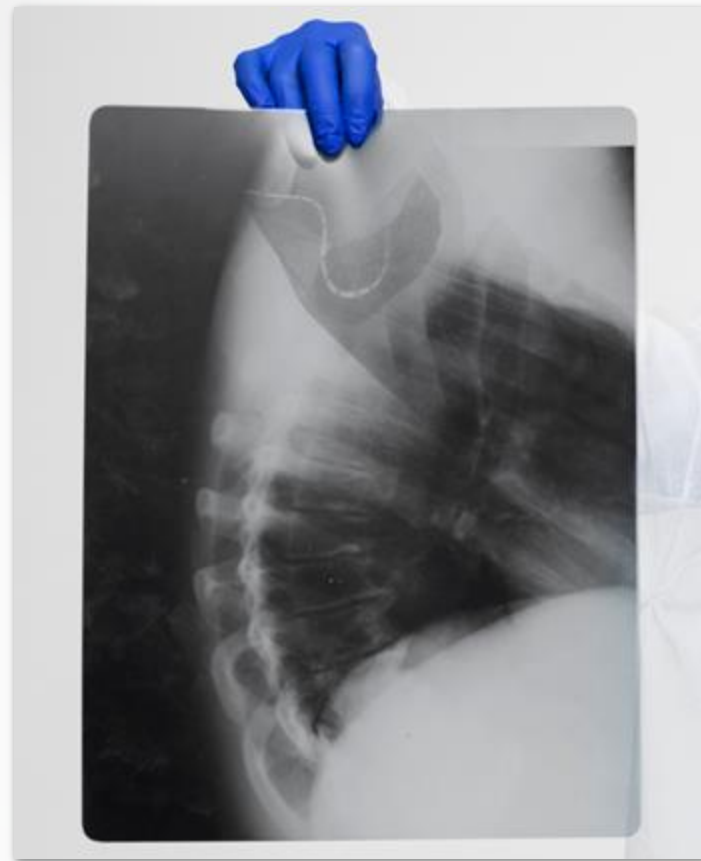
Solutions for type 1 diabetes

- Taking insulin.
- Counting carbohydrates, fats and protein.
- Monitoring blood sugar often.
- Eating healthy foods.
- Exercising regularly and keeping a healthy weight.

02

Type 2

Type 2 diabetes



Type 2

- Type 2 diabetes, the most common type of diabetes, is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes mainly from the food you eat. Insulin, a hormone made by the pancreas, helps glucose get into your cells to be used for energy.



Causes for type 2 diabetes

Overweight, obesity, and physical inactivity.

Extra weight sometimes causes insulin resistance and is common in people with type 2 diabetes

Family history.

An individual's risk of type 2 diabetes increases if a parent or sibling has type 2 diabetes.

Race and ethnicity.

Although it's unclear why, people of certain races and ethnicities — including Black, Hispanic, Native American and Asian people, and Pacific Islanders — are more likely to develop type 2 diabetes than white people are.

Consequences

- Heart Disease and Stroke
- Kidney Damage
- Eye Problems (Diabetic Retinopathy)
- Nerve Damage (Diabetic Neuropathy)
- Foot Problems and Amputations
- Skin Conditions (e.g., Acanthosis Nigricans)
- Gum Disease
- Alzheimer's Disease (Possibly)
- Mental Health Issues (Stress, Anxiety, Depression)
- Increased Risk of Infections and Slow Healing

Solutions for type 2 diabetes

- Eating well and moving more.
- Weight loss.
- Metformin (usually taken as a tablet)
- Insulin along with other medication that helps lower blood sugar levels.
- Other types of diabetes medicine that is injected or taken as tablets.
- Weight loss surgery.
- Support with your emotional health.

Cross-checking

- Slide 2 found in: https://www.who.int/health-topics/diabetes#tab=tab_1

The same information can be found

in: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>

and

: <https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=With%20diabetes%2C%20your%20body%20either,rel,eases%20it%20into%20your%20bloodstream.>

- Slide 5 found in:

<https://www.cdc.gov/diabetes/basics/what-is-type-1-diabetes.html#:~:text=People%20of%20all%20ages%20can,builds%20up%20in%20the%20bloodstream>

The same information can be found in:

<https://my.clevelandclinic.org/health/diseases/21500-type-1-diabetes>

- Slide 3 found in:

<https://www.nhs.uk/conditions/type-2-diabetes/#:~:text=Type%20%20diabetes%20is%20a,your%20eyes%2C%20heart%20and%20nerves.%20%E2%80%8B>
<https://www.ncbi.nlm.nih.gov/books/NBK507713/>

The same information can be found in:

<https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011>
<https://www.healthdirect.gov.au/type-2-diabetes>

Slide 6 found in:

<https://www.cdc.gov/diabetes/basics/what-is-type-1-diabetes.html#:~:text=Type%201%20diabetes%20is%20thought,years%20before%20any%20symptoms%20appear>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5800177/>

Same information can be found in:

<https://www.ahajournals.org/doi/10.1161/JAHA.120.016048>
<https://www.frontiersin.org/articles/10.3389/fimmu.2021.737964/full>

Cross-checking

- Slide 7 found in: <https://www.diabetes.org.uk/guide-to-diabetes/complications>

The same information can be found in:

<https://www.nhs.uk/conditions/type-1-diabetes/living-with-type-1-diabetes/avoiding-complications/>

- Slide 13 found in: <https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/treatments>
- The same information can be found in <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/diagnosis-treatment/drc-20351199>

- Slide 10 found in: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2-diabetes#:~:text=Type%20%20diabetes%2C%20the%20most,to%20be%20used%20for%20energy>

The same information can be found in <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>

- Slide 8 found in: <https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/diagnosis-treatment/drc-20353017>

The same information can be found in:

<https://www.jdrf.org/t1d-resources/about/treatment/>

- Slide 11 found in: <https://www.niddk.nih.gov/health-information/diabetes/overview/symptoms-causes>

The same information can be found in:

<https://www.healthdirect.gov.au/type-2-diabetes>

- Slide 12 found in: <https://www.diabetes.org.uk/guide-to-diabetes/complications>
- The same information can be found in <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>