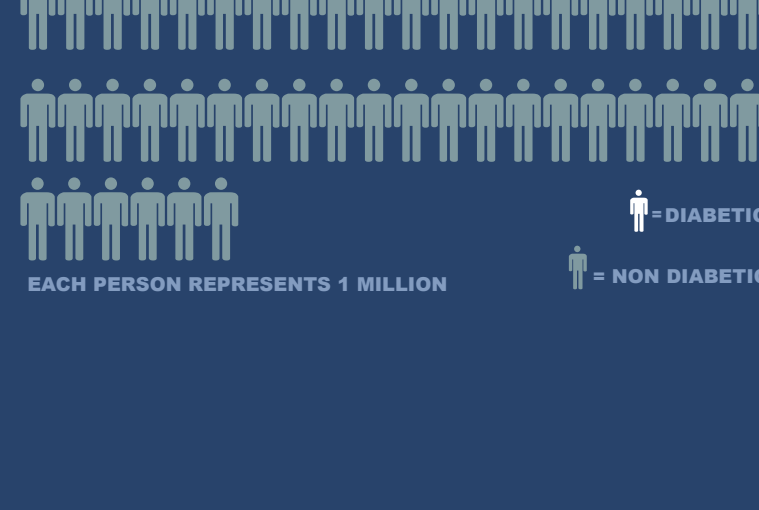




THE HISTORY & FACTS AND FIGURES OF DIABETES

4.7 MILLION

PEOPLE IN THE UK HAVE DIABETES, THERE ARE 66 MILLION PEOPLE IN THE UK. GLOBALLY THERE ARE 415 MILLION DIABETICS. BY 2045 THIS NUMBER WILL RISE TO 629 MILLION. THERE ARE TWO TYPES OF DIABETES, TYPE 1 AND TYPE 2.



WHEN DID IT ALL BEGIN?



1550BC



AN EGYPTIAN PAPYRUS WAS FOUND MENTIONING A RARE DISEASE THAT CAUSES THE PATIENT TO LOSE WEIGHT RAPIDLY AND URINATE FREQUENTLY.

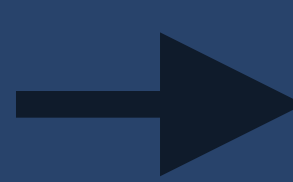
IT IS ASSUMED THAT THIS IS REFERENCE TO DIABETES.



3320 YEARS LATER IN 1770^{AD} DOCTORS LEARNT MORE ABOUT THE DISEASE

HELLO! MY NAME IS MATTHEW DOBSON AND I'M A DOCTOR. A LONG TIME AGO IN 1770 I DISCOVERED THAT DIABETICS URINE TASTES SWEET DUE TO THE EXCESS SUGAR IN IT AND THEIR BLOOD. I ALSO FOUND OUT THAT DIABETES CAN SOMETIMES LEAD TO DEATH IN 5 WEEKS.

THROUGHOUT THE 19TH CENTURY MORE DISCOVERIES WERE MADE.



RESTRICTED DIETS WERE SAID TO HELP THOSE THAT HAD THE DISEASE BUT THIS SOON LEAD TO DEATH DUE TO STARVATION.

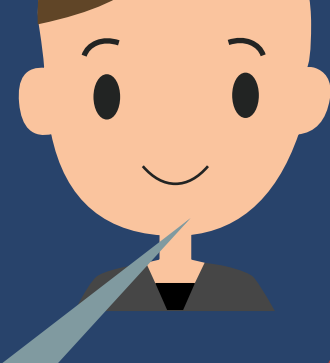
DURING THIS TIME TESTS WERE ALSO CREATED THAT DETECTED SUGAR IN THE URINE

IN 1889 THERE WAS A BREAKTHROUGH

TWO MEN NAMED OSKAR MINKOWSKI AND JOSEPH VON MERING REMOVED THE PANCREAS FROM A DOG AND DISCOVERED THAT THE DOG DEVELOPED SYMPTOMS OF DIABETES

IT WASN'T UNTIL THE 1920'S THAT INSULIN WAS TAKEN FROM DOGS ANG GIVEN TO A HUMAN.

THIS WAS ONLY 100 YEARS AGO



HELLO! MY NAME IS LEONARD THOMPSON AND I WAS A DIABETIC. WHEN I WAS 14 YEARS OLD I WAS THE FIRST EVER HUMAN TO BE GIVEN INSULIN. INSTEAD OF LIVING FOR ONE YEAR, I LIVED UNTIL I DIED OF PNEUMONIA WHEN I WAS 27 YEARS OLD.

FUN FACT
ANIMALS INSULIN WAS USED FOR HUMANS UNTIL THE FIRST BIOSYNTHETIC HUMAN INSULIN WAS CREATED IN 1980

MASS PRODUCTION OF INSULIN WAS THEN ENABLED IN NORTH AMERICA, HELPING PEOPLE MANAGE THEIR DIABETES GLOBALLY.



IN 1936 TWO TYPES OF DIABETES WERE MADE CLEAR

TYPE 1

8% OF DIABETICS ARE TYPE 1

2% OF DIABETICS HAVE RARER TYPES LIKE GESTATIONAL DIABETES WHICH OCCURS IN PREGNANCY

TYPE 2

90% OF DIABETIC ARE TYPE 2

THIS IS WHEN YOUR BODY DOESN'T OR STOPS PRODUCING INSULIN

YOU DON'T CATCH TYPE 1 DIABETES LIKE A BUG, INSTEAD YOU DEVELOP IT. THE CAUSE IS UNKNOWN AND NOTHING CAN PREVENT OR REVERSE IT.

SYMPTOMS



THIRSTY

WEIGHT LOSS

TIREDNESS

HIGH LEVELS OF URINATION

THE DISEASE CAN ONLY BE CONTROLLED THROUGH GIVING YOURSELF INSULIN.

HOWEVER, DOING THESE THINGS CAN HELP REGULATE YOUR BLOOD SUGAR LEVELS:



EATING HEALTHY

EXERCISING

THIS IS WHEN YOUR BODY IS INEFFECTIVE AT PRODUCING INSULIN, OR ISN'T PRODUCING ENOUGH INSULIN

IF YOU AVOID SUGAR AND EAT A LOW CARB DIET, MEDICATION MAY NO LONGER BE NEEDED AND THE DISEASE CAN BE REVERSED.

CAUSES



OVERWEIGHT

SMOKING

UNHEALTHY DIET

SYMPTOMS



THIRSTY

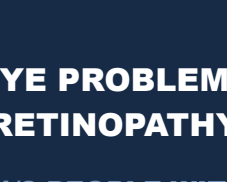
TIREDNESS

HIGH LEVELS OF URINATION

HUNGER

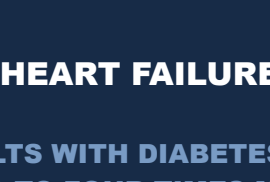
A HEALTHY DIET AND EXERCISE CAN HELP MANAGE TYPE 2 DIABETES. SOMETIMES TABLETS ARE PRESCRIBED TO HELP AND IN SOME CASES INSULIN, BUT ONLY WHEN NECESSARY.

HEALTH PROBLEMS FROM DIABETES



Eye Problems (RETINOPATHY)

ABOUT 1/3 PEOPLE WITH DIABETES OVER 40 ALREADY HAVE SIGNS OF THIS.



HEART FAILURE

ADULTS WITH DIABETES ARE TWO TO FOUR TIMES MORE LIKELY TO DIE FROM HEART FAILURE



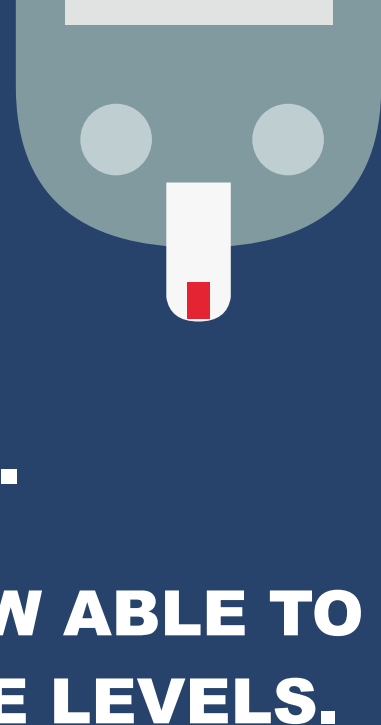
AMPUTATIONS

THERE ARE 6000 AMPUTATIONS EVERY YEAR THROUGH DIABETES ALONE

BY

1970

BLOOD SUGAR MONITORING IS ENABLED ALONG WITH KETONE TESTING. (KETONE TESTING TELLS YOU IF THERE IS SUGAR IN THE URINE.



TYPE 1 AND TYPE 2 DIABETICS ARE NOW ABLE TO KEEP TRACK OF THEIR BLOOD GLUCOSE LEVELS.

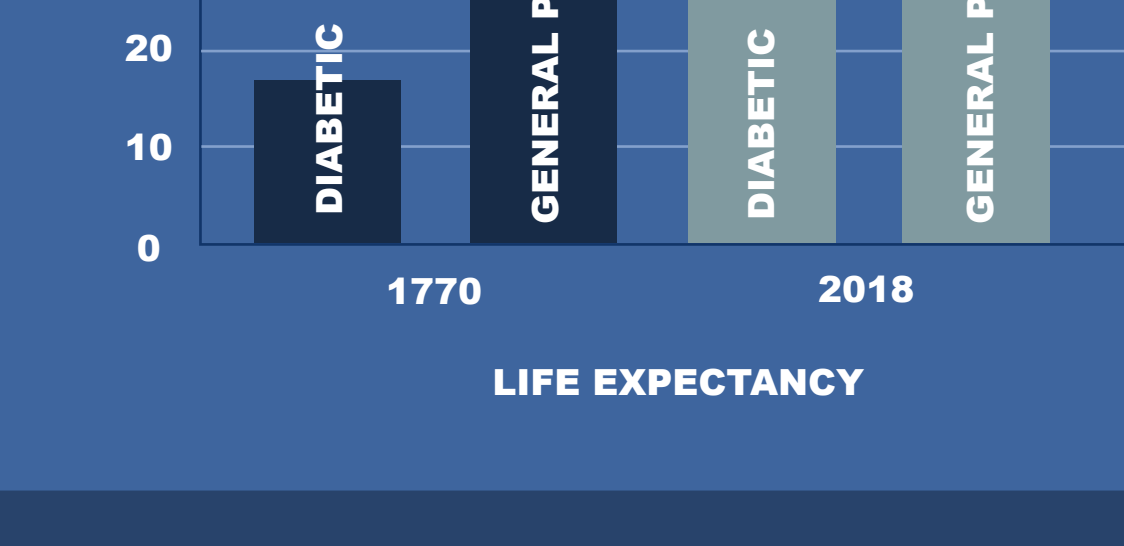
TODAY

PEOPLE ARE LIVING LONGER

BETTER BLOOD SUGAR MONITORING EQUIPMENT IS BEING CREATED

DEVICES ARE BEING MADE WHICH IS MAKING IT EASIER FOR DIABETICS TO GIVE THEMSELVES INSULIN.

THE LIFE EXPECTANCY OF A DIABETIC WHEN DIAGNOSED AT 16 IN COMPARISON TO THE GENERAL POPULATION



AS YOU CAN SEE NOT ONLY HAS THE LIFE EXPECTANCY OF THE GENERAL PUBLIC INCREASED BUT THE LIFE EXPECTANCY OF DIABETICS HAS INCREASED TOO.

* TODAY IF YOU KEEP YOUR DIABETES UNDER CONTROL YOU CAN HAVE THE SAME LIFE SPAN AS ANYONE ELSE

THE TEN YEAR DIFFERENCE IN 2018 WOULD MANY BE THROUGH DIABETICS NOT KEEPING IT UNDERCONTROL, LEADING TO OTHER HEALTH PROBLEMS.

EVERYDAY IS ANOTHER DAY CLOSER TO FINDING A CURE.