

DIABETES

Welcome to our comprehensive guide on diabetes. In this presentation, we aim to provide you with essential knowledge about diabetes, its management, and how you can lead a fulfilling life while effectively managing the condition.

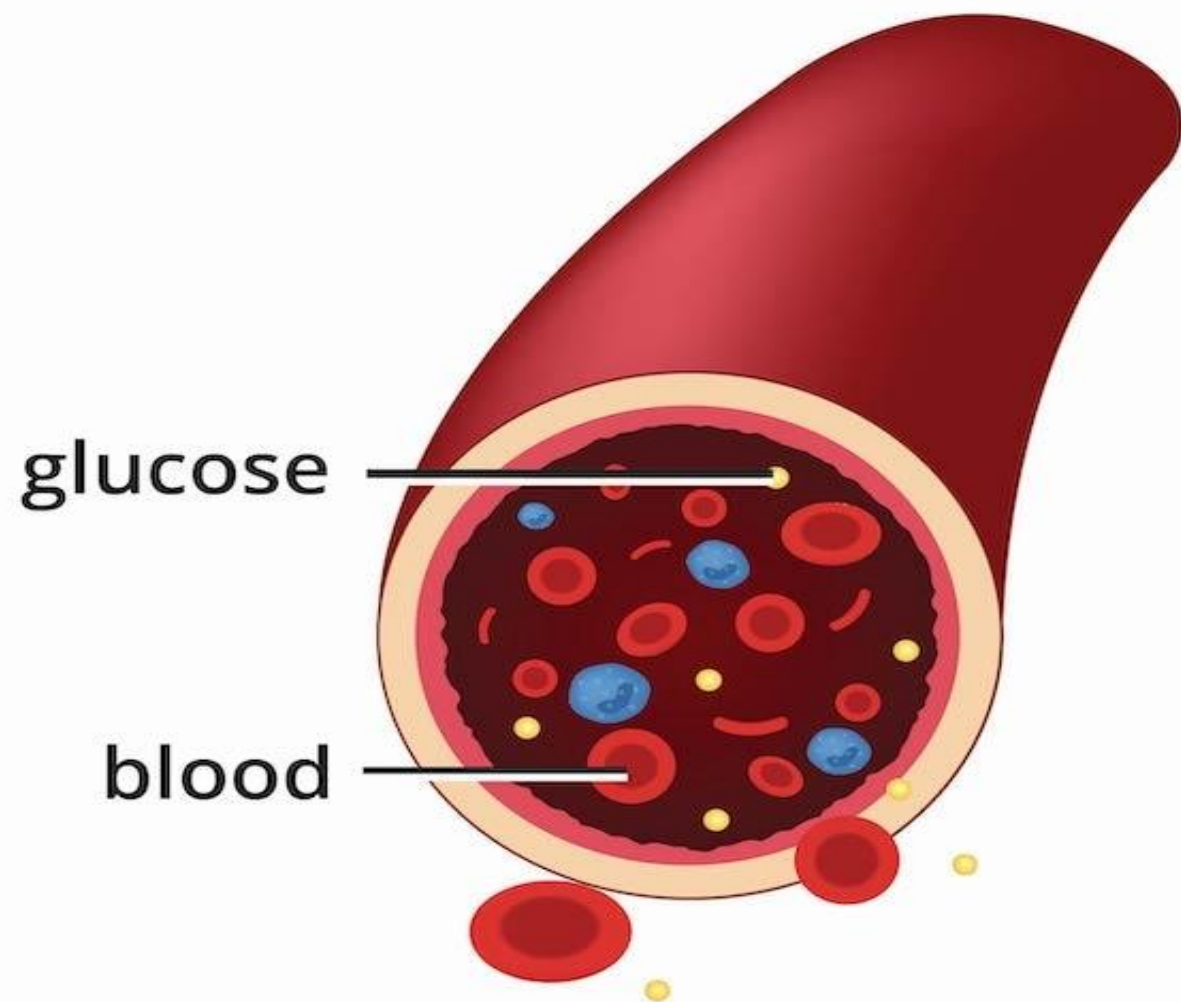
Let's embark on this journey together.

What is Diabetes ?

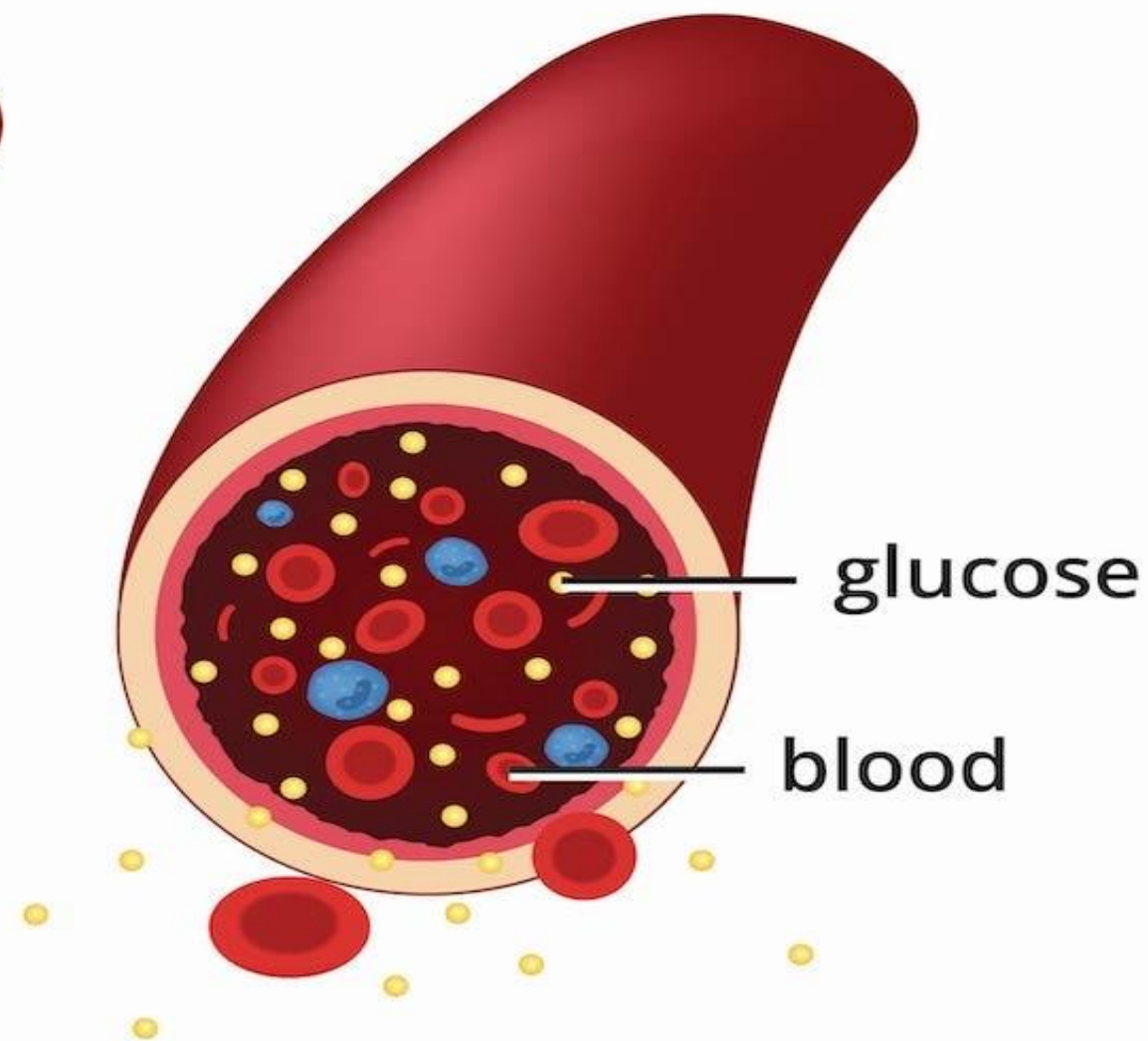
Diabetes is a chronic health condition that affects how our body processes glucose (sugar), which is the main sources of energy for cells.

It occurs when the pancreas either does not produce enough insulin (Type 1 Diabetes) or the body can not effectively use the insulin it produces (Type 2 Diabetes).

**Normal blood
glucose**



**High blood
glucose**



Cause of Diabetes

- Diabetes occurs when our body either does not produce enough insulin or can not effectively use the insulin it produces.
- The causes of diabetes in human can vary, but they generally stem from a combination of genetic, lifestyle, and environmental factors.
- Type 1 diabetes is believed to be largely due to genetic predisposition, autoimmune factors, and possibly viral infections.
- Type 2 diabetes is often linked to factors like obesity, sedentary lifestyles , poor diet(high in sugar and refined carbohydrates).

Site of infection in Diabetes

- In diabetes, infections can occur in various parts of the body.
- Common sites of infection include the skin, especially around areas where insulin injections are administered or due to poor wound healing;
- the urinary tract, as high blood sugar levels can promote bacterial growth in the urine;
- the gums and mouth, increasing the risk of gum diseases and oral infections; and
- the feet, as diabetes can lead to nerve damage and reduced blood flow, making foot injuries more prone to infection.
- Additionally, people with diabetes are more susceptible to infections in other organs, such as the lungs and kidneys, due to compromised immune function and impaired circulation.

Mode of transmission of diabetes

- Diabetes is not contagious and cannot be transmitted from person to person like a viral or bacterial infection. Instead, diabetes develops due to a combination of genetic, lifestyle, and environmental factors.

Symptoms appear in diabetes

- Frequent urination:
- Increased thirst:
- Unexplained weight loss:
- Fatigue:
- Blurry vision:
- Slow wound healing:
- Frequent infections: such as urinary tract infections, skin infections, and yeast infections.
- Numbness or pain in hands and feet:

Treatment

- Treatment for diabetes aims to manage blood sugar levels and prevent complications. Depending on the type and severity of diabetes, treatment options may include:
 1. Lifestyle changes: This includes a healthy diet rich in fruits, vegetables, whole grains, and lean proteins, as well as regular exercise help to control blood sugar levels.
 2. Medications:
 - . Insulin therapy
 - . Oral medications: For type 2 diabetes and some with type 2 diabetes, oral medications such as metformin, sulfonylureas, meglitinides, DPP-4 inhibitors, SGLT2 inhibitors, and others may be prescribed to help lower blood sugar levels.
 3. Continuous glucose monitoring (CGM):
 4. Blood sugar monitoring:
 5. Education and support:
 6. Regular medical check-ups:

Best sources to overcome diabetes or always be healthy:

- Eat healthy plant food; fibre rich foods promote weight loss and lower the risk of diabetes.
- Fibre rich foods such as tomatoes, peppers and fruit from trees.
- Non starchy vegetables such as,
 - Leafy greens broccoli,
 - Cauliflower,
 - Beets,
 - Bean sprouts,
 - Cabbage(green, Chinese),
 - Hearts of palm,
 - Mushrooms,
 - Okra,
 - Radishes,
 - Sprouts.