

Diabetes

In this Chapter,
you will learn about:

- Different Types of Diabetes, (Type 1, Type 2 and Gestational Diabetes).
- Risk Factors for Type 2 Diabetes.
- Common Signs and Symptoms for Type 2 Diabetes.
- Estimation of Blood Glucose using Glucometer.
- Management and Control of Diabetes.

What is Diabetes?

All food that we eat is broken down into a sugar called glucose. Glucose is carried by the blood to all the parts of the body to give energy. The hormone which helps glucose move from the blood into the cells, is called INSULIN.

Insulin helps to keep the blood sugar levels normal. In diabetes, the body does not produce insulin or cannot use the insulin properly. The glucose builds up in the blood, resulting in high blood glucose levels.



Diabetes is classified into three types namely Type 1, Type 2 and Gestational Diabetes.

Types of Diabetes

Type 1 Diabetes



What is it?

Body does not produce insulin at all. People with this form of diabetes require daily injections of insulin in order to control the levels of glucose in their blood.

Who gets it?

The disease can affect people of any age, but usually starts in childhood or young adults.