

QUESTIONS & ANSWERS FOR DIABETES

QUESTIONS		ANSWERS
nlu.yml		domain.yml
## intent: diabetes_intro		response: utter_intro
1	<ul style="list-style-type: none"> - what is diabetes - diabetes means what - what does diabetes mean 	<p>Diabetes is a chronic health condition that affects how your body turns food into energy. This happens because your body may not make enough insulin, a hormone the body makes to lower blood sugar, or it cannot use its insulin correctly. There are three main types: type 1, type 2 and gestational diabetes (occurs during pregnancy).</p>
## intent: diabetes_types		response: utter_types
2	<ul style="list-style-type: none"> - what are the types of diabetes - what types of diabetes are there - are there different types of diabetes 	<p>There are 3 types of diabetes, type 1, type 2 and gestational diabetes.</p> <p>1) Type 1 diabetes is thought to be caused by an autoimmune reaction. This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1.</p> <p>2) With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2.</p> <p>3) Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.</p>
## intent: diabetes_type1		response: utter_type1
3	<ul style="list-style-type: none"> - what is type 1 diabetes - what is type-1 diabetes 	<p>Type 1 diabetes is thought to be caused by an autoimmune reaction. This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1.</p>
## intent: diabetes_type2		response: utter_type2
4	<ul style="list-style-type: none"> - what is type 2 diabetes - what is type-2 diabetes 	<p>With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2.</p>
## intent: diabetes_gestational		response: utter_gestational
5	<ul style="list-style-type: none"> - what is gestational diabetes 	<p>Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.</p>

## intent: diabetes_symptoms		response: utter_symptoms
6	<ul style="list-style-type: none"> - what are the symptoms of diabetes - what are the signs of diabetes - what symptoms are caused by diabetes 	<p>Diabetes symptoms include: being very thirsty, urinating often, feeling very hungry, feeling very tired, losing weight without trying, sores that heal slowly, dry & itchy skin, feelings of pins and needles in your feet, losing feeling in your feet, blurry eyesight, hyperglycemia (high blood sugar), hypoglycemia (low blood sugar)</p> <p>Note: Some people with diabetes don't have any of these signs or symptoms. The only way to know if you have diabetes is to have your doctor do a blood test.</p>
## intent: diabetes_causes		response: utter_causes
7	<ul style="list-style-type: none"> - what causes diabetes - what are the causes of diabetes - how diabetes is caused - how does diabetes develop 	<p>The cause of diabetes, regardless of the type, is having too much glucose circulating in your bloodstream. However, the reason why your blood glucose levels are high differs depending on the type of diabetes.</p> <p>1) Causes of Type 1 diabetes: This is an immune system disease. Your body attacks and destroys insulin-producing cells in your pancreas. Without insulin to allow glucose to enter your cells, glucose builds up in your bloodstream. Genes may also play a role in some patients. Also, a virus may trigger the immune system attack.</p> <p>2) Causes of Type 2 diabetes: Your body's cells don't allow insulin to work as it should to let glucose into its cells. Your body's cells have become resistant to insulin. Your pancreas can't keep up and make enough insulin to overcome this resistance. Glucose levels rise in your bloodstream.</p> <p>3) Causes gestational diabetes: Hormones produced by the placenta during your pregnancy make your body's cells more resistant to insulin. Your pancreas can't make enough insulin to overcome this resistance. Too much glucose remains in your bloodstream.</p>
## intent: diabetes_cure		response: utter_cure
8	<ul style="list-style-type: none"> - can diabetes be cured - is diabetes curable 	<p>No, diabetes cannot be cured but it can only be controlled. This is a disorder either due to defective action or deficiency of insulin. So when the blood sugar is kept under control, a diabetic can have a healthy, normal life.</p>
## intent: diabetes_prevention		response: utter_prevention
9	<ul style="list-style-type: none"> - can diabetes be prevented - how diabetes can be prevented - how do you prevent diabetes 	<p>Although diabetes risk factors like family history and race can't be changed, there are other risk factors that you can manage, to an extent. Adopting some of the healthy lifestyle habits listed below can improve these modifiable risk factors and help to decrease your chances of getting diabetes:</p>

		<p>1) Eat a healthy diet. Keep a food diary and calorie count of everything you eat. Cutting 250 calories per day can help you lose ½ pound per week.</p> <p>2) Be physically active. Aim for 30 minutes a day at least five days a week. Start slow and work up to this amount or break up these minutes into more doable 10-minute segments. Walking is great exercise.</p> <p>3) Work to achieve a weight that's healthy for you.</p> <p>4) Lower your stress. Learn relaxation techniques, deep breathing exercises, mindful meditation, yoga and other helpful strategies.</p> <p>5) Limit alcohol intake. Men should drink no more than two beverages containing alcohol a day; women should drink no more than one.</p> <p>6) Get an adequate amount of sleep (typically 7 to 9 hours).</p> <p>7) Quit smoking.</p> <p>8) Take medications as directed by your healthcare provider to manage existing risk factors for heart disease (like high blood pressure, cholesterol) or to reduce the risk of developing Type 2 diabetes.</p>
## intent: diabetes_deadly		response: utter_deadly
10	<ul style="list-style-type: none"> - can diabetes be fatal - is diabetes fatal - can diabetes be deadly - is diabetes deadly 	<p>Yes, it's possible that if diabetes remains undiagnosed and unmanaged (severely high or severely low glucose levels) it can cause devastating harm to your body. Diabetes can cause heart attack, heart failure, stroke, kidney failure and coma. These complications can lead to your death. Cardiovascular disease in particular is the leading cause of death in adults with diabetes.</p>
## intent: diabetes_treatment		response: utter_treatment
11	<ul style="list-style-type: none"> - how diabetes is treated - what treatment is followed for diabetes 	<p>Treatments for diabetes depend on your type of diabetes, how well managed your blood glucose level is and your other existing health conditions.</p> <p>1) Type 1 diabetes: If you have this type, you must take insulin every day. Your pancreas no longer makes insulin.</p> <p>2) Type 2 diabetes: If you have this type, your treatments can include medications (both for diabetes and for conditions that are risk factors for diabetes), insulin and lifestyle changes such as losing weight, making healthy food choices and being more physically active.</p> <p>3) Gestational diabetes: If you have this type and your glucose level is not too high, your initial treatment might be modifying your diet and getting regular exercise. If the target goal is still not met or your glucose level is very high, your healthcare team may start medication or insulin.</p>

## intent: diabetes_almond		response: utter_almond
12	<ul style="list-style-type: none"> - how almonds can be useful against diabetes - how almonds can help fight diabetes 	Almonds contain good fats that lower insulin resistance. It is by reducing inflammation in your body's tissues. These are including those in your brain cells which regulate the metabolism of sugars. Eating almonds regularly would help control glucose levels.
## intent: diabetes_aloevera		response: utter_aloevera
13	<ul style="list-style-type: none"> - how aloe vera can be useful against diabetes - how aloe vera can help fight diabetes 	Aloe vera has been used for decades as a natural remedy to treat diabetes. It contains enzymes that regulate blood sugar levels. It also has anti-inflammatory properties. These can help with insulin resistance.
## intent: diabetes_chillipeppers		response: utter_chillipeppers
14	<ul style="list-style-type: none"> - how chilli peppers can be useful against diabetes - how chilli peppers can help fight diabetes 	These peppers are known to be high in antioxidants and capsaicin. This can help regulate blood sugar levels. They also have thermogenic effects that boost metabolism.
## intent: diabetes_orange		response: utter_orange
15	<ul style="list-style-type: none"> - how oranges can be useful against diabetes - how oranges can help fight diabetes 	Oranges are loaded with vitamin C, fiber, and essential minerals like thiamin that can help to control diabetes. Oranges are low in the glycemic index; therefore, it makes the glucose slowly release into the blood. Moreover, eating oranges can help to control weight gain.
## intent: diabetes_bittergaurd		response: utter_bittergaurd
16	<ul style="list-style-type: none"> - how bitter gourd can be useful against diabetes - how bitter gourd can help fight diabetes 	Bitter gourd has a compound that is beneficial in lowering the blood sugar levels. It is loaded with fiber and also possesses charantin, an antidiabetic compound which exhibits blood-glucose lowering agents.
## intent: diabetes_ladyfinger		response: utter_ladyfinger
17	<ul style="list-style-type: none"> - how lady's finger can be useful against diabetes - how lady's finger can help fight diabetes 	Lady's finger is one of the best home remedies for diabetes. It contains a high amount of vitamin A, C, K and B6, potassium, magnesium, zinc and other soluble fiber that makes it as a great blood sugar stabilizer and thereby treats diabetes.
## intent: diabetes_jamun		response: utter_jamun
18	<ul style="list-style-type: none"> - how jamun are useful against diabetes - how jamun can help fight diabetes 	Jamun is high in vitamin C, iron, calcium, and phosphorus which help to speed up the immune system. Its seeds are used to treat diabetes effectively while its leaves and the extracts of bark are effective in lowering the levels of blood sugar and sugar or glycosuria in the urine.
## intent: diabetes_tulsi		response: utter_tulsi
19	<ul style="list-style-type: none"> - how tulsi can be useful against diabetes - how tulsi can help fight diabetes 	Tulsi contains multiple health beneficial properties such as antibacterial, anti-stress, antiviral, antifungal, antidiabetic, antiasthmatic, antioxidant, antitumor, gastric antiulcer, immune-stimulant, and antimutagenic. Its leaves are very useful in reducing your blood glucose levels.