

# TYPE 1 DIABETES

Type 1 Diabetes typically appears in adolescence.

Symptoms include increased thirst, frequent urination, hunger, fatigue and blurred vision.

Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet and exercise.

## DIET

High protein food such as poultry, lentils and vegetables

Low fat dairy food

Eat plenty of fibre rich vegetables

Hydration is very important. Drink lots of water

Avoid fried food and sugary drinks

Increase intake of carbohydrates

## EXERCISE

150 minutes of moderate to vigorous intensity exercise per week

Increase the number of carbohydrates that you eat before, during, or after exercising.

Incorporate sprints into your workouts.

Check your blood sugar before and right after each workout.

Don't over exert yourself, it can make you fatigue

# SPREADING AWARENESS ON DIABETES

Diabetes is a condition when your body cannot make or effectively use its own insulin, a hormone made by special cells in the pancreas called islets. Insulin serves as a “key” to open your cells, to allow the sugar (glucose) from the food you eat to enter. Then, your body uses that glucose for energy.

## HOW TO SPREAD AWARENESS ON DIABETES

- Providing a support system
- Educating people on Diabetes
- Organising fundraisers and campaigns
- Have health professionals giving us information and facts on diabetes
- Associate with organisations working on Diabetes
- Use social media to reach out a bigger audience



### SOURCES:

<https://bit.ly/3vFDm2D>  
<https://wb.md/35EAyZe>  
<https://bit.ly/3xwWYYg>  
<https://bit.ly/3vCwJhP>  
<https://bit.ly/3xzurBs>  
<https://bit.ly/3qd8Gop>

