

# Types of Diabetes and Prevention

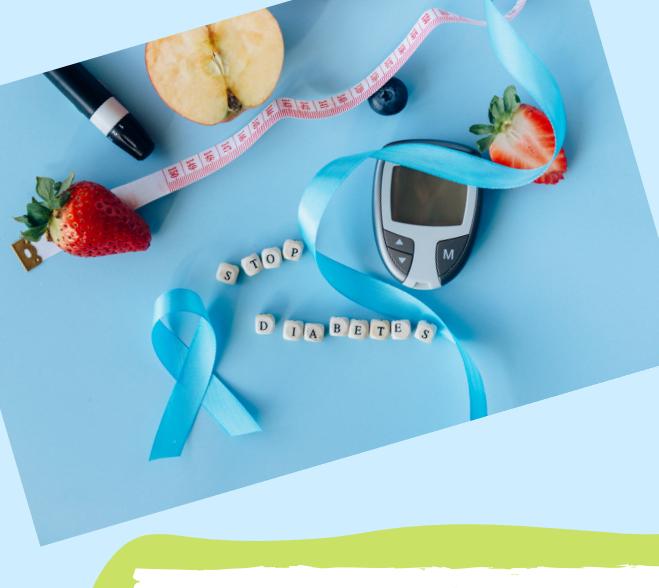
## TYPE 2 DIABETES

Is non-insulin dependent. More than 95% of diabetics are type 2. Most people that get this are lazy, to put it lightly. This has increased among younger children.



## TYPE 1 DIABETES

Is insulin dependent. There is no cause or any ways of preventing this type of diabetes. It can be managed closely.



## GESTATIONAL DIABETES

Is fairly common among pregnant women and is diagnosed through prenatal screenings, rather than reported symptoms.



## HEALTH IMPACT

Increased risk of heart attacks and stroke. Neuropathy of the hands and feet due to lack of circulation, along with increased risk of blindness and kidney failure.

## PREVENTION

Maintain healthy body weight. At least 30 minutes or more a day of vigorous exercise. Eating a healthy diet and avoid tobacco products.



## DIAGNOSIS AND TREATMENT

Early detection is possible through glucose testing and knowing your family history. Diabetes can be treated with oral medication as well as insulin.