

Understanding Diabetes

- **Definition and Types:** Diabetes is a chronic condition characterized by high levels of glucose in the blood. There are two main types: Type 1, which is typically diagnosed in children and young adults and involves the body not producing insulin, and Type 2, which is more common and involves insulin resistance or insufficient insulin production.
- **Symptoms:** Common symptoms include frequent urination, increased thirst, extreme fatigue, blurred vision, and slow-healing cuts or bruises.

Treatment Methods

- **Insulin Therapy:** Essential for individuals with Type 1 diabetes and sometimes necessary for Type 2 diabetes. Insulin must be injected or used with an insulin pump.
- **Oral Medications:** Commonly prescribed for Type 2 diabetes to help manage blood glucose levels. Examples include Metformin, which can reduce glucose production in the liver.
- **Lifestyle Changes:** Includes managing diet, regular physical activity, and maintaining a healthy weight.

Dietary Recommendations

- **Carbohydrate Management:** It's crucial for diabetics to monitor carbohydrate intake to manage blood sugar levels. Incorporating complex carbohydrates like whole grains, fruits, and vegetables is recommended.
- **Meal Planning:** Eating regular meals, balancing macronutrients, and portion control are important to stabilize blood sugar levels.
- **Avoiding Sugary Foods:** Limiting foods high in sugar and fat to prevent spikes in blood sugar levels.