



Understanding Diabetes

What is Diabetes?

Diabetes is a group of metabolic diseases characterized by a chronic disturbance in the blood glucose levels. In diabetes, the body does not produce enough insulin or the insulin it produces does not work properly. Insulin helps the body use glucose for energy and to store extra glucose for later use.

Types of Diabetes

There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes. Type 1 is an autoimmune disease where the body's immune system attacks the insulin-producing cells in the pancreas. Type 2 is a chronic condition where the body's cells become resistant to insulin. Gestational Diabetes is a temporary condition that occurs during pregnancy.

What is Insulin?

Insulin is a hormone produced by the pancreas that helps the body use glucose. It allows the glucose to enter the cells and be used for energy. Without insulin, the glucose stays in the blood and can cause damage to the body's organs.



The liver takes up glucose, converts it into glycogen and stores it. Glycogen signals the liver to convert glycogen to glucose and release the glucose into the blood.

The production of glucose with insulin resistance is termed both Glucose Intolerance and Insulin Resistance Syndrome.

Type 1 Diabetes: An autoimmune disease where the body's immune system attacks the insulin-producing cells in the pancreas. This leads to a lack of insulin, which is necessary for the body to use glucose for energy.

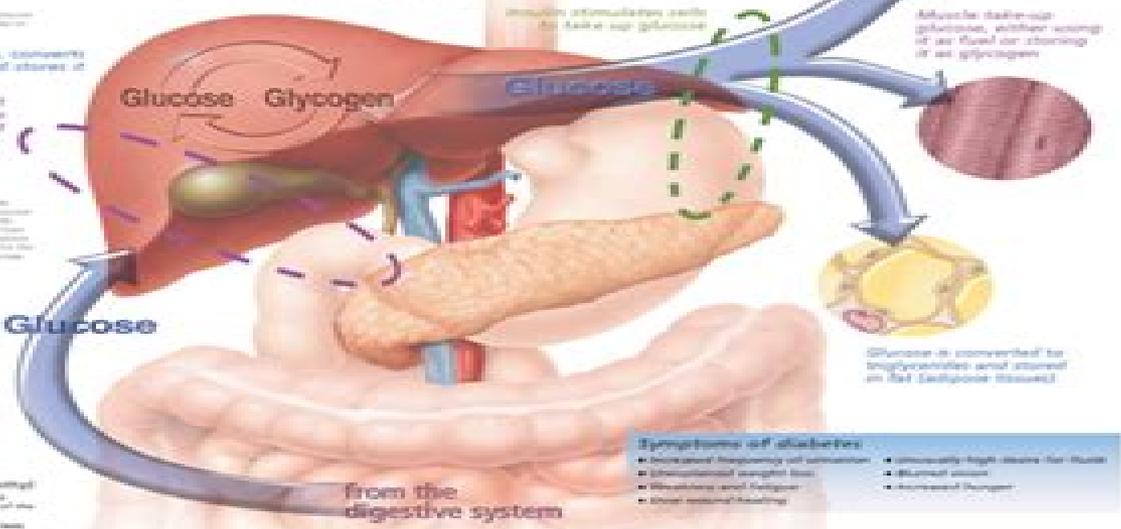
Type 2 Diabetes: A chronic condition where the body's cells become resistant to insulin. This means that even though there is insulin in the blood, the cells do not respond to it properly, leading to high blood sugar levels.

What is Glucose?

Glucose is a type of sugar and is the body's main source of energy. It is produced in the liver and is used by the body for energy. It is also stored in the liver and muscles for later use.

Glucose Metabolism

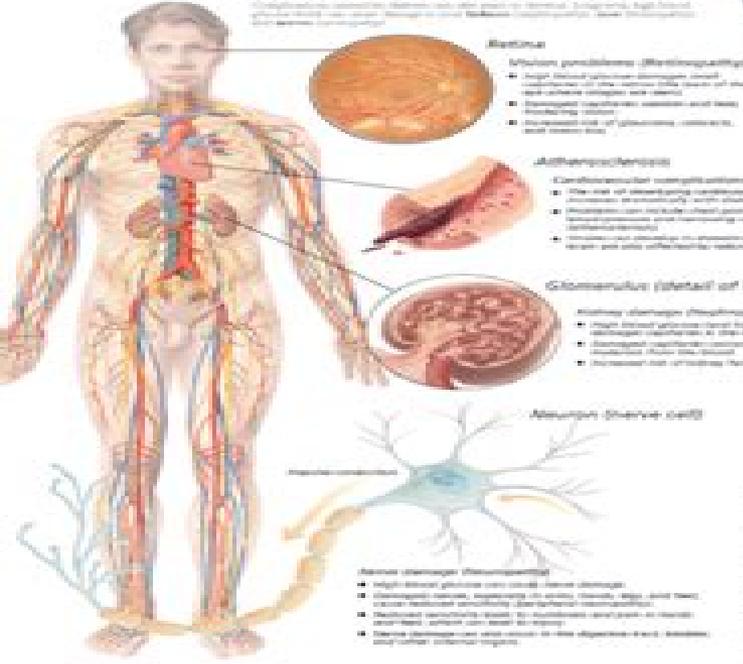
Glucose is used by the body for energy. It is converted into energy through a process called cellular respiration. This process occurs in the mitochondria of cells. The energy is used for various functions, such as movement, growth, and repair.



- ### Symptoms of diabetes
- Increased frequency of urination
 - Unexplained weight loss
 - Blurred vision
 - Excessive thirst
 - Slow wound healing
 - Unusually high desire for food
 - Blurred vision
 - Increased hunger

Health Complications – Long Term

Diabetes can lead to various health complications over time, including heart disease, kidney disease, and nerve damage.



- ### Retina
- Vision problems (blurred/vision loss)
 - Long-term vision damage (blindness)
 - Diabetes can affect the back of the eye, leading to blindness
 - Diabetes can cause cataracts and eye floaters
 - Diabetes can lead to glaucoma, cataracts, and macular degeneration

- ### Adiposclerosis
- Cardiovascular complications
 - The use of insulin (especially long-acting insulin) can increase the risk of heart disease
 - Diabetes can increase the risk of heart disease, high cholesterol, and high blood pressure
 - Diabetes can lead to atherosclerosis, which is the buildup of plaque in the arteries and can lead to heart disease

- ### Glomerulus (detail of kidney)
- Kidney damage (nephropathy)
 - High blood glucose can lead to kidney disease
 - Diabetes can lead to kidney disease, which can lead to kidney failure
 - Diabetes can lead to kidney disease, which can lead to kidney failure
 - Diabetes can lead to kidney disease, which can lead to kidney failure

Neuron (nerve cell)

- ### Nerve damage (neuropathy)
- High blood glucose can cause nerve damage
 - Diabetes can lead to nerve damage, which can lead to numbness, tingling, and pain
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Health Complications – Short Term

Diabetes can lead to various health complications over time, including heart disease, kidney disease, and nerve damage.



Monitoring Blood Glucose

Blood Glucose Levels (mmol/L)	Blood Glucose Levels (mg/dL)	Target Blood Glucose Range
Before a meal (fasting)	5.0-7.0 mmol/L	5.0-7.0 mmol/L
1-2 hours after a meal	5.0-8.0 mmol/L	5.0-8.0 mmol/L
Before bed (fasting)	5.0-7.0 mmol/L	5.0-7.0 mmol/L

Treatment and healthy lifestyle changes

- Exercise regularly
- Follow a healthy diet
- Monitor blood glucose levels
- Take medication as prescribed
- Regular check-ups with a healthcare professional
- Manage stress
- Quit smoking
- Limit alcohol consumption
- Get enough sleep
- Stay hydrated
- Wash feet regularly
- Wear comfortable shoes
- Check feet for sores or blisters
- See a podiatrist if needed

Foot care

- Wash feet daily with soap and water
- Dry feet thoroughly, especially between toes
- Use moisturizer on feet
- Wear comfortable shoes
- Check feet for sores or blisters
- See a podiatrist if needed

Understanding Diabetes

Diane Crigler-Meringola



Understanding Diabetes:

Understanding Diabetes and its Complications Mr. Sudarshan Nandkumar Borkar, Dr. Rakesh Verma, Ms. Vadi rajan, Dr. A. Purushothaman, 2024-11-09 *Understanding Diabetes and Its Complications* is a comprehensive guide designed to educate readers about diabetes its types and the various complications that can arise from the condition This book provides an in depth guide to diabetes its types causes complications and management strategies aiming to help both those diagnosed with diabetes and those at risk better understand the condition This text book will serves as a valuable resource for individuals living with diabetes their families and healthcare providers promoting a deeper understanding of the condition and empowering readers to take proactive steps in managing their health

Understanding Diabetes Janet Worsley Norwood, Charles B. Inlander, People's Medical Society, 1999-03-02 The complete reference book on all there is to know and understand about diabetes including ways to best control the disease and work with doctors and other health care professionals to find the best care

Winning with Diabetes and Pre-Diabetes: Understand Your Diagnosis & Take Back Control GEORGE F. TOHME, 2025-10-30 This book is ACTION STEP 1 from the comprehensive 5 Action Steps series *Winning with Diabetes and Pre Diabetes Essential 5 Action Steps to transform your health and Life guide* by Pharmacist George F Tohme Action Step 1 Understanding diabetes Take control of your health with this essential guide for Type 1 Type 2 and Pre diabetes This book is your first step in a proven series for diabetes management blood sugar control and type 2 diabetes reversal Discover natural diabetes solutions and expert pharmacist diabetes advice to start your journey today Small Steps get you priceless health benefits If you want to live worry free avoid diabetes complications and possibly reverse type 2 diabetes and pre diabetes then applying those simple evidence based 5 Action Steps is your most powerful choice for effective diabetes management and successful type 2 diabetes reversal Authored by a seasoned pharmacist this comprehensive series delivers a proven diabetes management system The 5 essential Action Steps are unpacked across 7 focused guides for blood sugar control and type 2 diabetes reversal This step by step approach makes diabetes self care easy to understand and immediately actionable helping you regain control of your health What s in Action Step 1 Understanding the Diabetes Epidemic Types Causes Prevention Early Detection Identification Understand what diabetes and pre diabetes are and why they re a growing epidemic in the US and worldwide Learn about the various types of diabetes their main causes and which types are preventable Discover how you can identify pre diabetes and take proactive steps for your health Don t think for a moment that you can win with diabetes if you don t understand what is going into your body and the potential benefits and consequences those medications have on your health and life This book is the foundation for diabetes self care Ideal for those seeking a diabetic health guide that covers understanding diabetes pre diabetes treatment and building a sustainable diabetic lifestyle Start with Action Step 1 and begin your winning journey to better health All action steps are equally important for you to regain control and expect a natural lifespan free of complications and you will need all 7 digital

products to win and enjoy great health with this complete diabetic health guide based on expert pharmacist diabetes advice

Understanding Diabetes Marie Clark,2004-04-02 Diabetes is one of the most common chronic medical disorders and its incidence continues to rise This book offers patients an overview of the disease and the latest treatment regimens But unlike other books it also explores the psychological aspects of the disease focusing on the difficulty many people have in sticking to treatment regimens that typically include dietary restrictions medication schedules and frequent blood tests Packed with insights and practical advice it helps people understand why they behave the way they do what s at stake and how to motivate themselves to adhere to their recommended treatment

Diabetes Meal Planning & Nutrition For Dummies Simon Poole,Amy Riolo,2023-11-07 Learn how to eat well improve your health and enjoy life with diabetes The new edition of *Diabetes Meal Planning Nutrition For Dummies* offers you a holistic approach to living your best life with diabetes Optimize your diet and plan delicious meals that will empower you to take control improve your health prevent and even reverse diabetes Written by an award winning chef and renowned doctor who are both experts in the field of nutrition this book helps you understand what defines healthful eating for diabetes its crucial role to long term health and how meal planning is a key to successful diabetes management Learn how to receive all the nutrients necessary for glucose control while managing Type 1 or Type 2 diabetes and maintaining ideal weight Discover how to supercharge your diet and protect yourself from the complications associated with diabetes with anti inflammatory and antioxidant rich foods To get you started this indispensable guide includes 22 mouthwatering easy to recreate and affordable recipes that maximize the benefits of nutritious ingredients to regulate blood glucose levels The kitchen and shopping hacks will enable you to master culinary therapy and take delight in preparing meals and cooking This updated edition includes Practical examples of meal plans perfectly suited for prediabetes Type 1 and Type 2 diabetes A whole person approach to diabetes that focuses on diet lifestyle exercise and medical treatment Coverage of new therapies and the latest evidence on how gut health can help with diabetes management Nutrition facts and health benefits for your favorite ingredients so you can eat what you love *Diabetes Meal Planning Nutrition For Dummies* is an excellent resource for those interested in the latest diabetes friendly nutrition guidelines as well as anyone who has been diagnosed with diabetes or has a loved one who has been diagnosed or would like to prevent it

[New Glucose Revolution for Diabetes](#) Jennie Brand-Miller,Stephen Colagiuri,2007-05-31 The *New Glucose Revolution for Diabetes* is the first comprehensive guide to using the glycemic index to control type 1 diabetes type 2 diabetes prediabetes and more The book features the latest most accurate information with new findings by the authors It includes GI based recipes and menus for type 1 type 2 prediabetes gestational diabetes and juvenile diabetes as well as related conditions like obesity and celiac disease plus practical dietary guidance on sugar sweeteners alcohol snacking and eating out

Walking the Weight Off For Dummies Erin Palinski-Wade,2015-04-15 Get up get moving and walk away the pounds If you re looking to lose weight and get fit *Walking the Weight Off For Dummies* will show you just what to do to

walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how

Adult Nursing Practice Ian Bullock,Jill Macleod Clark,Jo Rycroft-Malone,Joanne Rycroft-Malone,2012-05-24 Adult Nursing Practice Using evidence in care enables today s students and newly qualified nurses develop the knowledge and skills they need to deliver and lead care tomorrow Reflecting the principles of evidence based care this textbook helps students learn to manage patients with common conditions and fundamental health needs so they can provide the best possible evidence based care every day

Understanding Diabetes Mellitus Diane Crigler,Diane Crigler-Meringola,Kathleen Moreland,1980

Diabetes Demystified Umesh Masharani,2007-11-26 Your ESSENTIAL guide to UNDERSTANDING and MANAGING diabetes If you or someone close to you has diabetes and you need to learn more about the disease its complications and its treatments help is here Diabetes Demystified explains the causes of diabetes the differences between type 1 and type 2 and how diabetes can be effectively controlled Written by a doctor specializing in diabetes this book helps you determine the best treatment plan for your needs and understand the different medications that are available You ll find important information on day to day management diet nutrition exercise and weight loss This helpful guide also includes specific recommendations for children the elderly and pregnant women with diabetes This easy to understand guide offers Advice for assembling a treatment team and support network An overview of various diabetes medications Steps for preventing complications from diabetes Details on hypoglycemia Important information on food and nutrition Tips for developing a safe exercise program Straightforward and accessible Diabetes Demystified helps you incorporate diabetes care into your daily life without feeling overwhelmed

Understanding Diabetes R. F. Dods,2013-02-13 A clear explanation of the cause diagnosis and treatment of diabetes Written for a broad range of readers including students researchers policymakers health care providers and diabetes patients and caregivers this book explains the underlying biochemistry and physiology of diabetes mellitus Each chapter contains a

glossary that defines key terms a summary that highlights essential concepts discussed in each section of the chapter as well as a set of simple problems to help readers gain a richer and deeper understanding of diabetes from its history to treatment options Understanding Diabetes begins with an overview of the disease its worldwide prevalence and cost and its connection to the global obesity epidemic The author then explores the history of diabetes including the first documented description of the disease dating back to 3400 BCE in Ancient Egypt The next chapter A Glucose Metabolism Primer sets forth the pathways for the metabolism of glucose Next the book covers Regulation of glucose metabolism and glucose metabolism gone wrong Diabetes classification system Diagnosis including current laboratory tests Complications such as retinopathy neuropathy and cardiovascular disease Hereditary transmission Prevention and treatment including emerging research Although a cure has still not been found this book demonstrates that researchers are continuing to make major breakthroughs on all fronts in the fight against diabetes including a better understanding of its causes and an improved ability to diagnose and treat the disease

[The Simple Guide to Diabetes](#) Barbara Trisler, 2019-09-02 Your Definitive Guide To Treating Diabetes Type 1 or Type 2 Diabetes Do you want to lower your chance of developing diabetes Do you want to discover how you can treat type 1 or type 2 diabetes Would you like to understand the dietary changes you need to make in order to improve your health and effectively manage your diabetes If you answered yes to the above questions then you NEED this book Love It My sister is new to diabetes and this book gave her some hope After receiving the life altering news of Type II Diabetes she didn't know what she could not eat but the recipe book was very helpful Had a lot of recipes she instantly liked Amazon Verified Review In this book you'll discover How insulin controls your blood sugar level The different types of diabetes their causes symptoms complications and the different treatments required for each type The factors that increase your risk of getting type 2 diabetes and why The profile of people that are most at risk of developing prediabetes and gestational diabetes 22 myths about diabetes that perpetuate unhealthy practices that may lead to more problems we debunk all of them 4 effective diabetes prevention and management strategies 8 Equipments you need to consider purchasing to help manage diabetes 6 exercise routines suitable for diabetics as well as those you need to avoid A detailed weight loss guide for diabetics Meal plans that will help you to minimize the risk of developing diabetes and other health conditions including 5 Key characteristics of a diabetic meal plan Types of food to eat and those to avoid The correct way to distribute your calories per meal Simple delicious and healthy breakfast lunch and dinner recipes for diabetics A macronutrient conversion table to help you make your own meals or to check the nutrient content of your favorite recipes and much much more BONUS Amazon will make the kindle version of this book available to you for FREE when you purchase the paperback version today If you're ready to tackle the above questions I'm ready scroll to the top of this page click the Buy Now button and let's get started

The Clinical Journal, 1904 **Understanding Normal and Clinical Nutrition**
Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes, 1987 Abstract A comprehensive reference text for college

nutrition students dietitians clinical nutritionists and other health professionals presents detailed authoritative colorfully illustrated material on a variety of practical areas involving interactions between nutrition and health Topics addressed by the 25 text chapters include nutrition health interaction concepts diet planning guides the characteristics and requirements of each of the major nutrient classes nutritional needs at different life stages nutrient digestion absorption and in vivo transport weight control food safety nutritional assessment and care strategies hospital dietetics nutritional and drug therapy nutritional intervention in stress due to surgery infection and burns nutritional interactions with system and organ disorders gastrointestinal tract liver exocrine pancreas gallbladder heart and blood vessels kidneys and nutritional care of cancer patients Ancillary data and information including food composition data RDA s biochemical pathways supplements and enteral formulas are presented in 12 appendices **Clinical Journal** ,1903 **Understanding diabetes mellitus** Diane Crigler-Meringola,1988 *Understanding Diabetes Anatomical Chart* Anatomical Chart Company,Anatomical Chart Company Staff,2004-05 Newly redesigned *Understanding Diabetes* defines in clear and concise language exactly what diabetes is Provides an explanation of both Type 1 and Type 2 diabetes most common symptoms of Type 1 and Type 2 diabetes Illustrates the organs that may be affected by diabetes Potential complications are clearly illustrated and described Long term health problems are discussed as well Made in USA Available in the following versions 20 x 26 heavy weight paper laminated with grommets at top corners ISBN 9781587793912 20 x 26 heavy weight paper ISBN 9781587793882

Understand Your Diabetes-- and Live a Healthy Life Jean-Louis Chiasson,2004 The second edition features a great deal of new information for the general population as well as for people with diabetes including the risk factors implicated in the development of diabetes and especially the prevention of Type 2 diabetes *Understanding Diabetes and Endocrinology* Daryl Meeking,2011-02-01 Diabetes is a common and debilitating condition encountered by all doctors worldwide regardless of specialist interest This book aims to give the reader an understanding of the background diagnosis investigation and management of diabetes and endocrine disease This book is set out in three main sections The first gives a background understand *Understanding Diabetes* ,2001

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