



## District 410B

# Diabetes Awareness

Definition : Diabetes is a condition when persons have elevated blood glucose (sugar) levels (over 7.8mm/l).

So what is the big deal? A Diabetic person looks from the outside as healthy as you and I do. But they are not !!

Persons with high sugar readings (over 11) literally do not have blood flowing through their blood vessels, but have syrup being forced through the arteries, veins and capillaries of the body. This extra pressure needed to circulate the blood causes massive damage to the small blood vessels in the eyes, kidneys, fingers and toes and would result in possible blindness, renal failure or gangrene and then amputation of the limbs.

Types of Diabetes : Type 1 or Juvenile Onset Diabetes  
Type 2 or Adult Onset Diabetes

Differences between the two :

Type 1 Diabetes : - Auto-Immune destruction of the Beta Cells (insulin producing) in the pancreas.  
- Onset usually at an early age.  
- Patient will be insulin dependent for the rest of their lives.  
- Accounts for less than 10% of all Diabetics.

Type 2 Diabetes : - Accounts for over 90% of Diabetics.  
- Initially can be treated by tablets alone.  
- Is a lifestyle disease (overweight, Lack of exercise etc.)  
- Is a preventable disease.  
- Is caused by insulin resistance and later Beta cell dysfunction.  
- More than 30% type diabetics remain undetected for their life time hence the importance of screening.

Complications of Diabetes include hypertension (high blood pressure) and hyperlipidemia (high cholesterol) with increased risk of a stroke or heart-attack. Further complications include retinopathy, kidney failure and amputation of the limbs due to poor circulation.

Peter Daniel. (DC Diabetes Awareness)

**Your involvement with the Diabetes Awareness Program can help children and adults in your community to learn more about Diabetes and how they can prevent some of the serious problems that diabetes can cause, including diabetic retinopathy.**