

UNDERSTANDING DIABETES

What Is Diabetes?
 Diabetes is a chronic condition that affects the way your body uses blood sugar. Blood sugar is a source of energy for your cells. Insulin, a hormone made by the pancreas, allows glucose to enter the cells to be used for energy. In people with diabetes, the pancreas either doesn't make enough insulin or the cells don't respond properly to the insulin that is made. This causes glucose to build up in the blood, leading to various complications over time.



Type 1 Diabetes
 Type 1 diabetes is an autoimmune disease where the body's immune system attacks and destroys the insulin-producing cells in the pancreas. It typically develops in childhood or young adulthood and requires lifelong insulin therapy.

Type 2 Diabetes
 Type 2 diabetes is the most common form of diabetes. It is characterized by insulin resistance, where the body's cells don't respond properly to insulin, and by a relative deficiency of insulin. It is often associated with obesity, physical inactivity, and a diet high in processed foods.

Potential Complications of Diabetes:



Neurological Complications



Eye Complications



Heart Disease Complications



Kidney Disease Complications



Foot Complications

What Are the Symptoms of Diabetes?
 The most common symptoms of diabetes are increased thirst, frequent urination, and unexplained weight loss. Other symptoms include fatigue, blurred vision, and slow-healing sores. If you experience these symptoms, it's important to see a healthcare provider for a diagnosis.

How Is Diabetes Diagnosed?
 Diabetes is typically diagnosed through blood sugar tests. A fasting blood sugar test, a random blood sugar test, or an A1C test can be used. If the results are above the normal range, a healthcare provider may recommend further testing to confirm the diagnosis.

What Are the Long-Term Risks of Diabetes?
 If diabetes is not managed properly, it can lead to serious long-term complications. These include heart disease, stroke, kidney failure, blindness, and nerve damage. However, with proper management, including a healthy diet, regular exercise, and medication, the risks can be significantly reduced.

Understanding Diabetes Anatomical Chart

**Anatomical Chart Company, Anatomical
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Understanding Diabetes Anatomical Chart:

Uncover the mysteries within is enigmatic creation, **Understanding Diabetes Anatomical Chart** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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