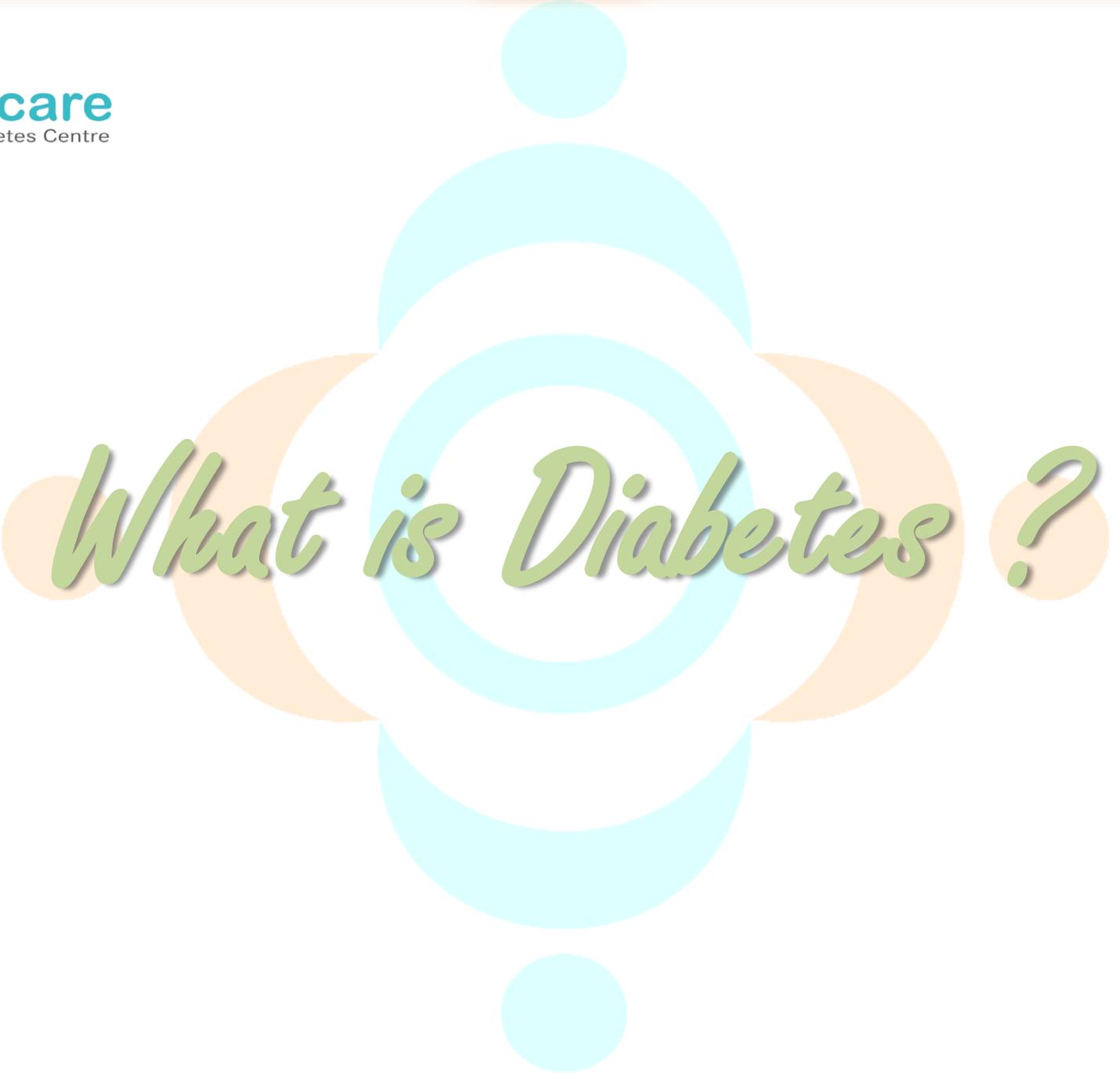




diabetes **D**lifestyle

The complete education of the diabetes and lifestyle

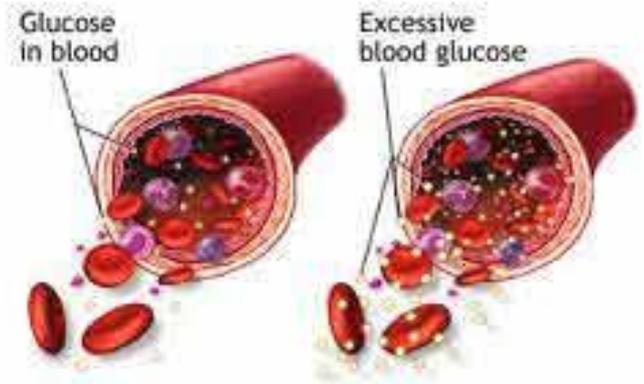


What is Diabetes ?

What is Diabetes ?

Increase in Sugar or Glucose in our Blood above normal level is called as **Diabetes**.

Maintain Blood Sugar Level Naturally



Blood Glucose Range

NORMAL PERSON

- Fasting
70 to 100 mg/dl
- Postprandial
<140 mg/dl

PRE DIABETIC PERSON

- Fasting
101 to 125 mg/dl
- Postprandial
141 to 199 mg/dl

DIABETIC PERSON

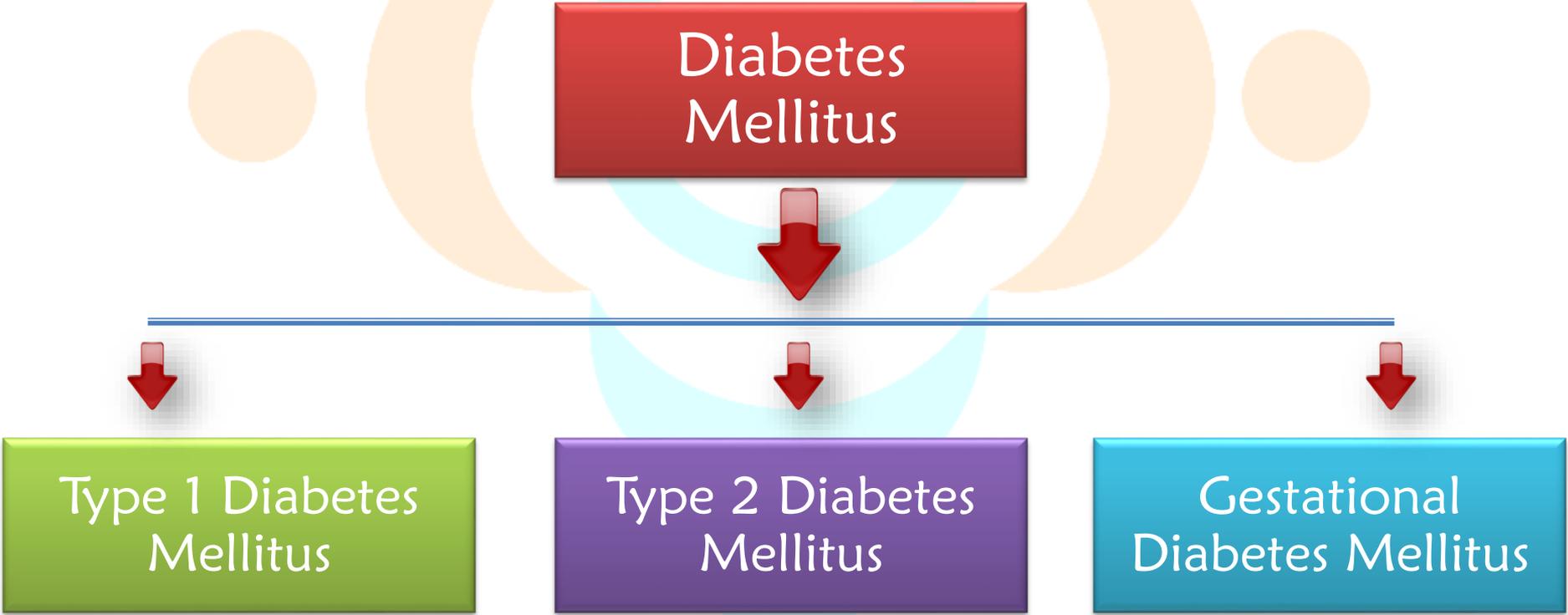
- Fasting
>126 mg/dl
- Postprandial
>200mg/dl

How to Check Your Glucose Level?



Types Of Diabetes

Diabetes
Mellitus



```
graph TD; A[Diabetes Mellitus] --> B[Type 1 Diabetes Mellitus]; A --> C[Type 2 Diabetes Mellitus]; A --> D[Gestational Diabetes Mellitus];
```

Type 1 Diabetes
Mellitus

Type 2 Diabetes
Mellitus

Gestational
Diabetes Mellitus

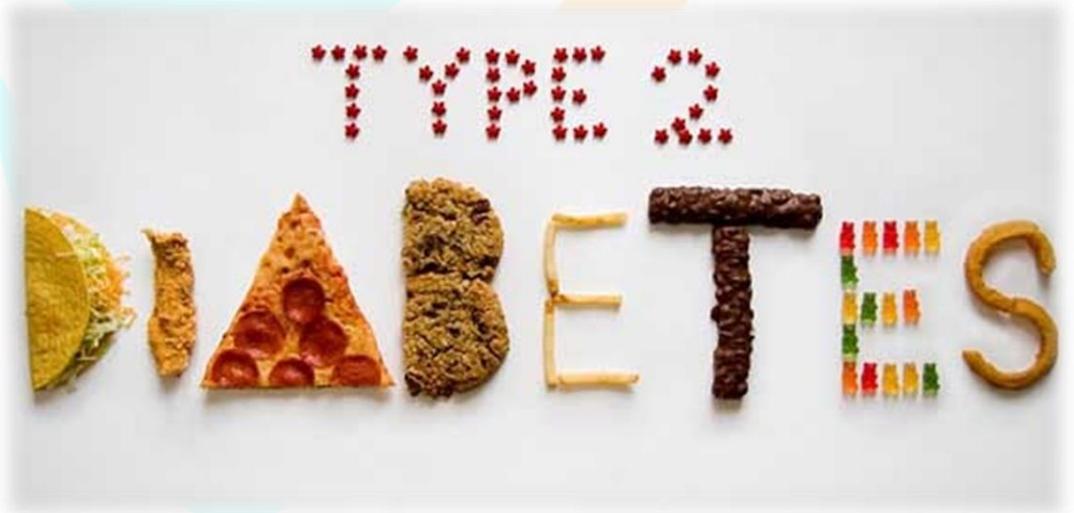
Type 1 Diabetes Mellitus



- ✓ Occurs at early age (< 30 yrs)
- ✓ Treated with insulin only
- ✓ Also called as Juvenile Diabetes or Insulin Dependent Diabetes

Type 2 Diabetes Mellitus

- ✓ Occurs at Older Age (> 40 yrs)
- ✓ Treated with oral medicines and Insulin (If Needed)
- ✓ Also called as Insulin Independent Diabetes Mellitus



Gestational Diabetes Mellitus

- ❖ Occurs during Pregnancy and disappears after delivery
- ❖ Treated with Insulin
- ❖ High risk of developing Type II Diabetes at later age



Risk Factor of Diabetes

- ✓ Age > 40 yrs
- ✓ No exercise or physical work
- ✓ Obesity
- ✓ Family History

Symptoms of Diabetes

- ✓ Increased Thirst
- ✓ Frequent Urination
- ✓ Extreme hunger
- ✓ Unexplained weight loss
- ✓ Fatigue
- ✓ Blurred Vision
- ✓ Slow healing of Injuries
- ✓ Frequent infection of Gum, Skin, Vagina or Bladder



Diabetes Mellitus



*Will a Diabetic Have All
These Symptoms ?*



No...!!!

- ✓ The patient may have one or more of the symptoms
- ✓ Even in the absence of any symptoms those who are at risk of diabetes must undergo regular check up.

*What happens if
Diabetes is not treated ?*

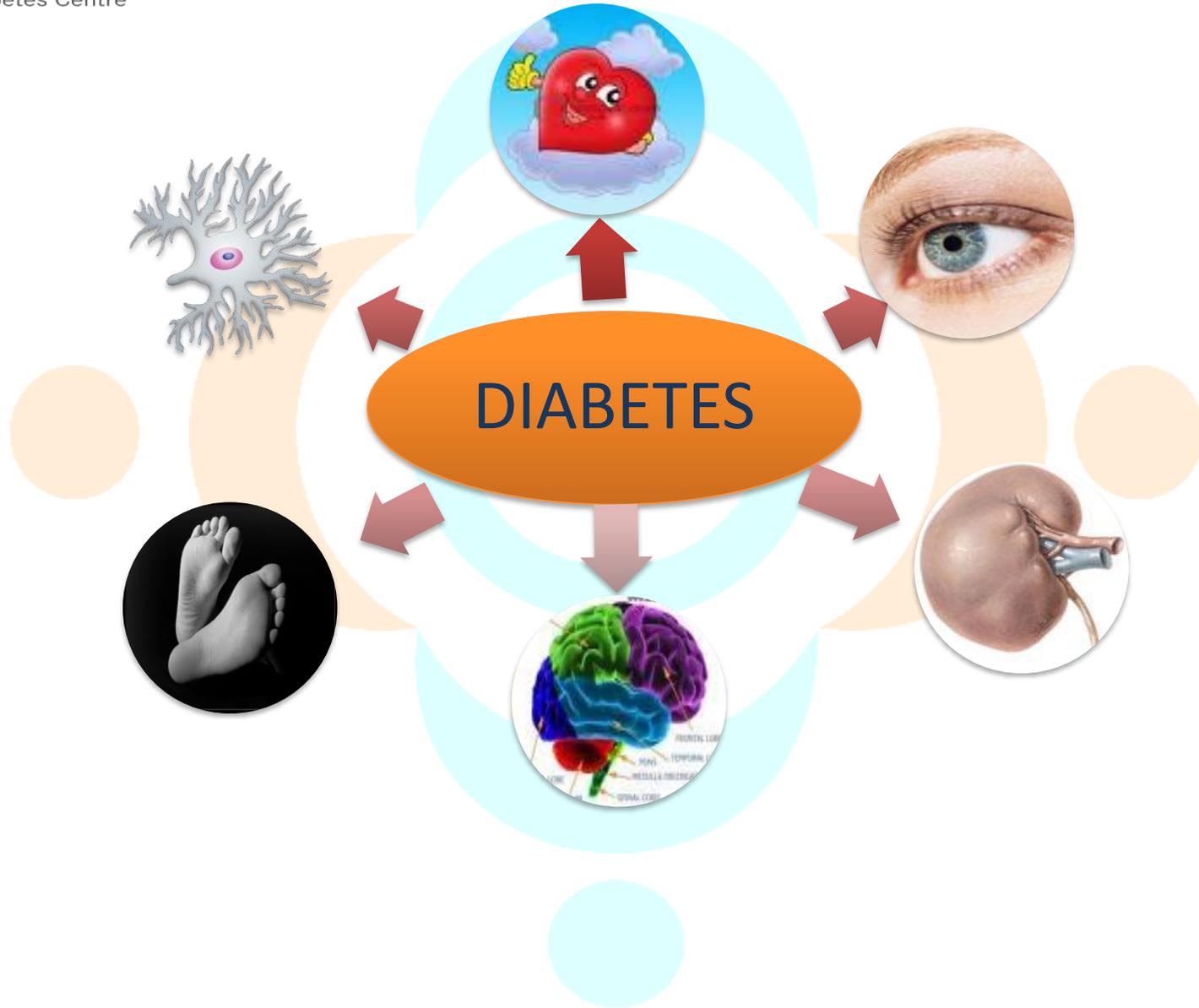
CONTINUOUS
INCREASE OF
GLUCOSE IN
BLOOD

LEADS TO CHAIN
OF
COMPLICATIONS

AFFECTS ALL
PARTS OF THE
BODY WITHOUT
SYMPTOMS AT
EARLY STAGE



COMPLICATIONS OF DIABETES



Eyes

DIABETIC RETINOPATHY

- Blockage or leakage of blood in the blood vessels of the eye



CATARACT

- CLOUDING AROUND THE LENS OF THE EYE CAUSING BLURRED OR DIM VISION



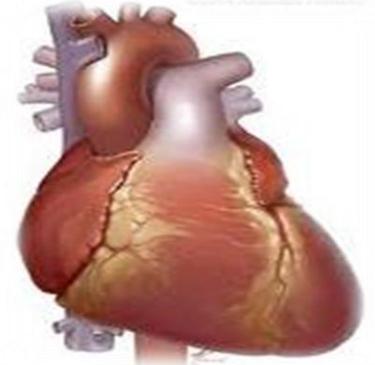
HEART & BRAIN

HIGH SUGAR LEVEL

HIGH CHOLESTEROL LEVEL

BLOCKAGE OF BLOOD VESSELS
GOING TO HEART AND BRAIN

HEART ATTACK OR STROKE

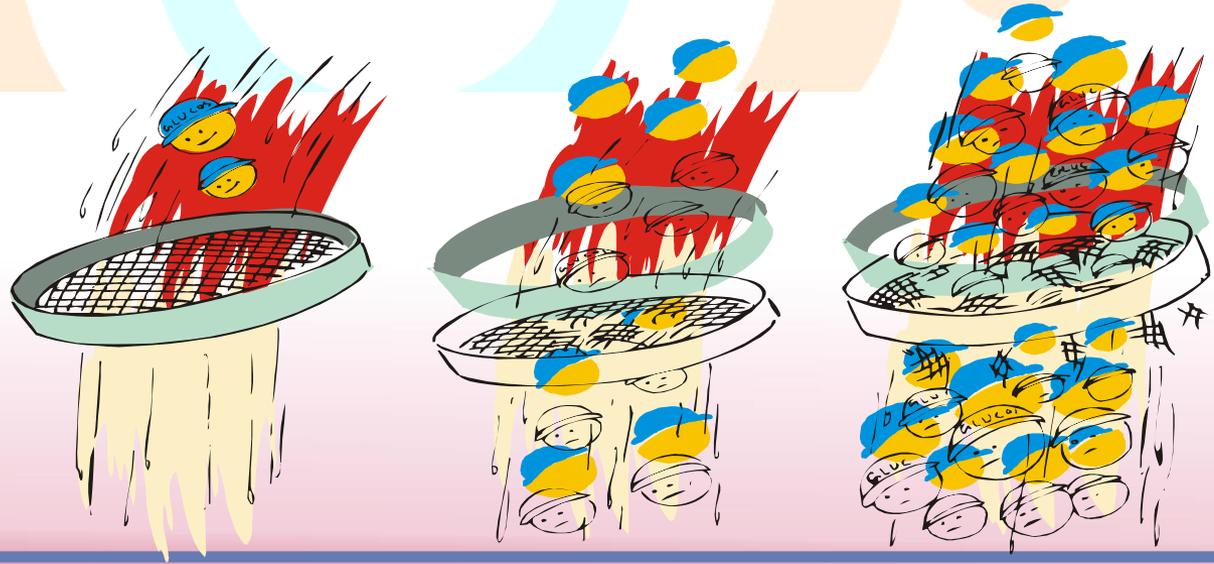


Kidneys

✓ _____

✓ _____

✓ _____



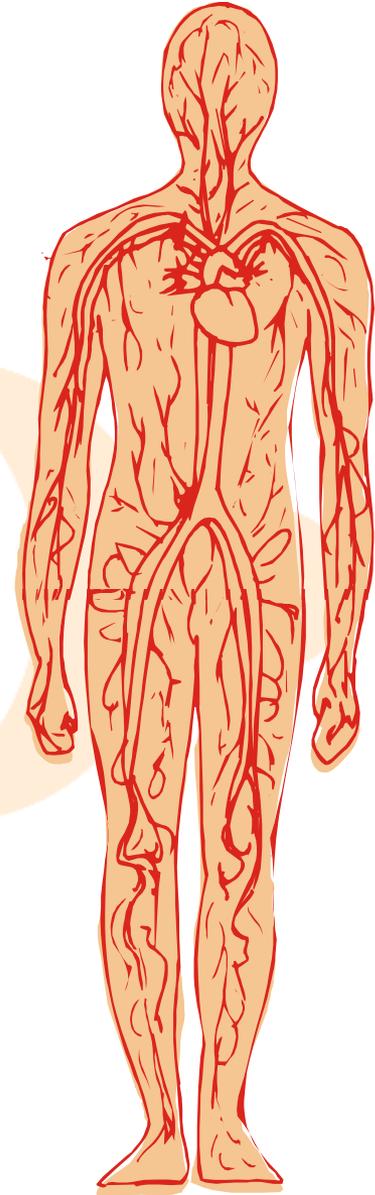
Nerves

When the glucose level in the blood remains high for a very long time, it...

1. Damages nerves
2. Reduces sensation

This may cause :

1. Inability to feel cold ,
2. heat, pain, tingling
3. Fainting and dizziness



Diabetic Foot Care

Diabetes may lead to.....

- ✓ Poor blood circulation in legs
- ✓ Loss of sensation in the feet due to damage to the nerves
- ✓ Infections and ulcers in the feet

What Is Hypoglycemia ?

LOW SUGAR in the blood below the normal level is called as Hypoglycemia.



Symptoms of Hypoglycemia

1. Nervousness
2. Sweating
3. Intensive Hunger
4. Trembling
5. Weakness
6. Palpitation
7. Trouble speaking
8. Coma



*How To Manage
Hypoglycemia ?*

How To Manage Hypoglycemia ?

If you have hypoglycemic symptoms , have

- 3 tablespoon full of sugar (or)
- half cup of fruit juice

After 15 minutes if you are not alright

- Take another 3 tablespoon of sugar (or)
- half cup of fruit juice

**ALWAYS CARRY AN IDENTITY CARD
INDICATING YOU ARE
DIABETIC**



Treatment Of Diabetes...

Treatment Of Diabetes...

❖ *Diet...*

1. Avoid deep fried food.
2. Avoid sweets
3. Consume food rich in fiber
4. Divide your meals in 3-4 parts ,
take smaller meals at regular
intervals
5. Divide your meal as per the calories
advised by your doctor.



Treatment Of Diabetes...

❖ *Exercise...*

- A. Brisk walking, Swimming, dancing, cycling or out door sports that can give exercise to your body should be done every day
- B. Exercise regularly - 30 minutes daily for minimum 5 days a week
- C. Drink fluid before and after exercise
- D. Wear good foot wear and socks
- E. Consult your doctor before starting any regimen.

Treatment Of Diabetes...

❖ Medication...

- ✓ Oral Diabetic medicines
- ✓ Insulin



When Insulin is Needed ?



Type I Diabetes patients



Before and after Surgery



Diabetes Uncontrolled with Oral medicines

SELF MONITORING OF BLOOD GLUCOSE (SMBG)

Patients taking oral medicines and Insulin are recommended to check their own blood sugars at home using an instrument called Glucometer. In case of low sugar or high sugar patient can check his blood sugar at home and adjust Insulin dose accordingly.

- Diabetic patients are recommended to check their blood sugar level 4 times daily (Fasting, 2 hrs after break- fast, 2 hrs after lunch, 2 hrs after dinner) by American Diabetes Association (ADA)
- In India Diabetic patients are advised to check their blood sugars 4 times daily for at-least 2 days in a week.

Glucometer

- Glucometer is a small instrument used to check the blood sugar.
- It can be used easily by everybody and needs no technician for blood collection.
- It requires only a drop of blood for testing.
- You can check your blood sugar at any time and anywhere.
- In case of Low sugar symptoms you can check your blood sugar immediately and take appropriate treatment.



HOW TO PREVENT COMPLICATIONS OF DIABETES ?

1. Follow strict Diabetic Diet
2. Exercise Regularly
3. Take medicines as prescribed



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Early detection
of Diabetes will
avoid major
complications

After 40- yrs all
should check their
blood sugar once
in a year

Most of the times
Diabetes remains
silent without any
symptoms at the
time of onset

Diabetes- Silent killer

If Parents or other
close relatives are
diabetic check your
blood sugar
regularly.

Target Your Goals

Fasting Blood Glucose	- 70 -130 mg/dl
2hrs PP Blood glucose	- < 180 mg/dl
HbA1C	- < 7 %
Total Cholesterol	- <150 mg/dl
Triglycerides	- <150 mg/dl
LDL Cholesterol	- <100 mg/dl
Blood Pressure	- 130/85 mm Hg
Body Mass Index	- 22-25 kg/m ²



Diabetes needs a life long treatment and can be controlled with healthy diet, regular exercise and the right medications.



Live long and healthy life with controlled diabetes.



Thank You!