

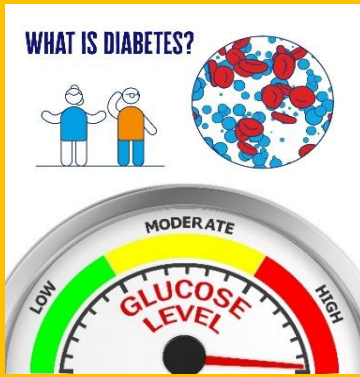
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DIABETES is a cronic health condition that causes the blood sugar level to become high and triggers when the body does not produce enough insulin or the body cells are resistant to the action of insulin.

- Glucose is one of the most important components of the human body that produces the greatest source of energy.
- Insulin is a hormone produced by pancreas and has the role of controlling blood glucose levels.

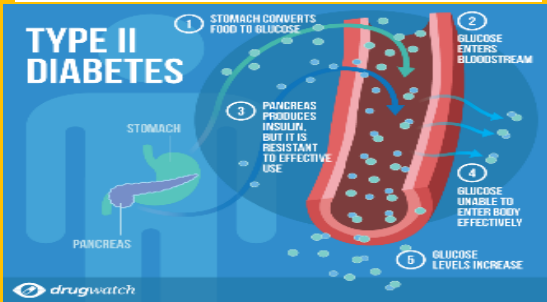
(Diabetestreatmenttrinindad, 2019)

- **There are two types of Diabetes**

Type I Diabetes – is the process when the pancreas does not produce insulin at all and the result is that blood glucose levels rise uncontrollably and the body has no energy. Normally, this dysfunction begins early as childhood and can very rarely develop after the age of 40.

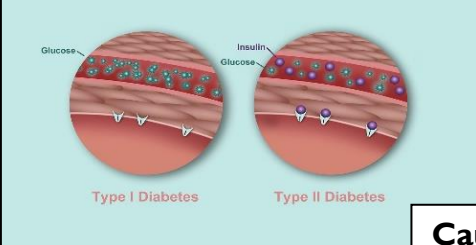


Type 2 Diabetes- is the process when the body does not produce sufficient insulin which means that blood glucose levels gradually increase and cells receive a non-corresponding glucose supplement. Usually starts in adulthood, often after age 40 .



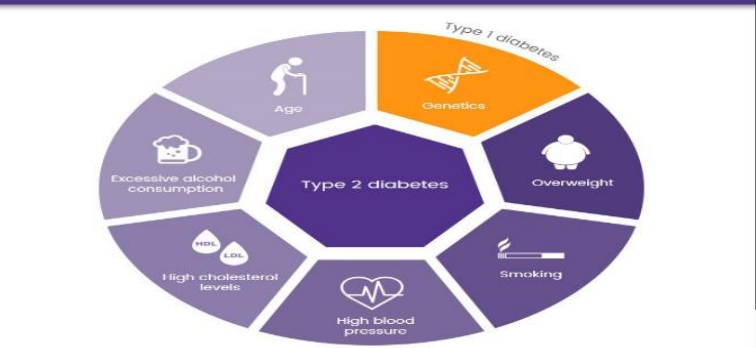
(Dragwhatch,2019)

The common problem of the **two types of diabetes** is that they both have too much glucose in their blood.



Causes of Diabetes

- Family history
- Ethnicity
- Environmental factors
- Age
- Excessive alcohol
- Psychical activity



Management Diabetes- If the blood glucose levels are high, it can affect the kidneys, eyes, feet and heart,so is very important to know how to manage the diabetes:

- Short and long terms goals
- Medications
- Monitoring of glycemic status-use of self-monitored blood glucose, urine ketones and recordkeeping.
- Medical nutritional therapy
- Lifestyle and behavioural changes
- Annual referral to an eve specialist

(William T. Cefalu 2001)

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