



Name: \_\_\_\_\_

### **Understanding Diabetes**

Diabetes is a chronic medical condition characterized by high levels of sugar (glucose) in the blood. There are two primary types of diabetes: Type 1 and Type 2. Type 1 diabetes is an autoimmune condition where the body's immune system attacks and destroys the insulin-producing cells in the pancreas. This type usually develops in children and young adults, and those affected need to take insulin injections for life.

Type 2 diabetes is more common and generally develops in adults over the age of 45, although it is increasingly being diagnosed in younger individuals, including children, adolescents, and young adults. It is often associated with obesity, physical inactivity, and poor diet. Unlike Type 1 diabetes, people with Type 2 diabetes can often manage their condition through lifestyle changes, oral medications, and sometimes insulin.

Common symptoms of diabetes include increased thirst, frequent urination, extreme fatigue, blurred vision, and slow healing of wounds. If left untreated, diabetes can lead to serious complications such as heart disease, kidney failure, nerve damage, and vision loss.

Managing diabetes effectively requires regular monitoring of blood glucose levels, maintaining a healthy diet, exercising regularly, and adhering to prescribed medications. Education and support from healthcare providers are crucial in helping individuals with diabetes lead healthy lives.

### True or False Questions:

1. Type 1 diabetes is an autoimmune condition.
2. Type 1 diabetes typically develops in adults over the age of 45.
3. Type 2 diabetes is less common than Type 1 diabetes.
4. Type 2 diabetes is often associated with obesity and poor diet.
5. Symptoms of diabetes include increased thirst and frequent urination.
6. Diabetes, if untreated, can lead to heart disease and kidney failure.
7. Managing diabetes effectively does not require any lifestyle changes.
8. Support from healthcare providers is important in managing diabetes.
9. People with Type 2 diabetes always need to take insulin injections.
10. Diabetes management includes regular monitoring of blood glucose levels.