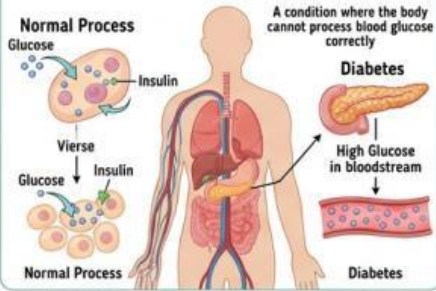


UNDERSTANDING DIABETES

A GLOBAL HEALTH GUIDE



WHAT IS DIABETES?



A condition where the body cannot process blood glucose correctly

Pancreas

Pancreas ceheves the body cannot cannot process blood glucose correctly.

Glucose (Sugar)

Glucose is enteing big cells the glucose to earts-nimnert als via cover a exining sugar.

Insulin (Hormone)

Insulin (hormone) is a bloodstreane of cannotics innerin-anor blooding insulin.

TYPES OF DIABETES

<p>Type 1 Diabetes Body doesn't make insulin</p> <p>Autoimmune attack</p> <ul style="list-style-type: none"> Onset: Gemend as at 7 years Causes: Autoimmune attack Treatment: Glucose or treatment 	<p>Type 2 Diabetes Body doesn't use insulin effectively</p> <p>Insulin resistance</p> <ul style="list-style-type: none"> Key differences: month 1-7 years Causes: Insulin resistance Treatment: Glucose or treatment
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KEY SYMPTOMS

Increased Thirst	Frequent Urination	Fatigue	Blurred Vision	Slow Healing	Sudden Weight Loss
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MANAGEMENT & HEALTHY HABITS

<p>Healthy Eating</p> <ul style="list-style-type: none"> Balanced fruits, vegetables, proteins Balanced diet 	<p>Regular Exercise</p> <ul style="list-style-type: none"> Physical activity of person and running
<p>Insulin/Medication</p> <ul style="list-style-type: none"> Adherence for adherence of pills 	<p>Blood Sugar Monitoring</p> <ul style="list-style-type: none"> Glucometer reading Tracking reading

MANAGEMENT & HEALTHY HABITS

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INTERACTIVE ACTIVITY

- Briefly explain how insulin works.

- List 3 key differences between Type 1 and Type 2.

- Name 2 healthy habits for daily life.
