

Diabetes

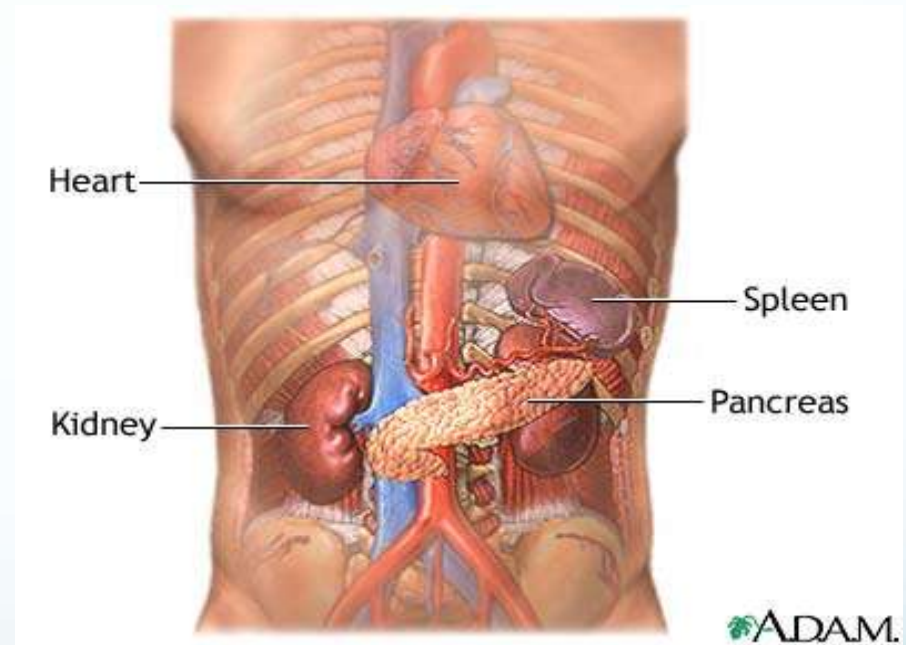
Warm Up Questions

- How many people do you know have diabetes?
- What is diabetes?
- Diabetes can be dangerous if it's not treated. What happens if diabetes isn't controlled? What problems can this cause?
- Can diabetes be prevented?

How glucose gets into your body

The Pancreas

- A long, flat gland in your abdomen that helps your body digest food
- It also makes Insulin
- Insulin helps transport glucose into the cells of the body



What is Diabetes?

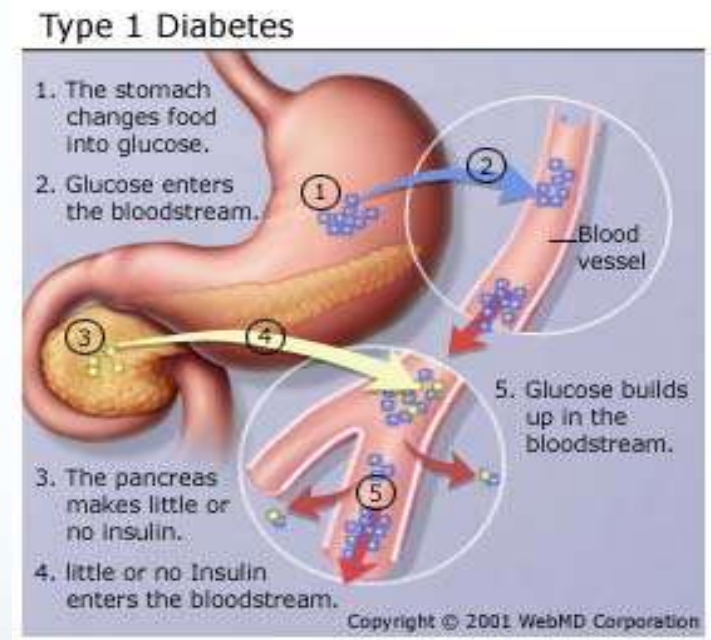
- Diabetes is a disease that affects how the body uses glucose
- Glucose is a sugar that is the body's main source of fuel
- There are two different types of Diabetes

Type 1 and 2 Diabetes

- The glucose can not get into the cells like it normally does, so blood sugar levels get too high.
- Excess sugar in the blood can make people very sick if they do not get treatment for it.

Type 1 Diabetes

- The pancreas can not make insulin, so the glucose can not get into your cells
- Autoimmune disease
- The body destroys cells in the pancreas that makes insulin



Type 2 Diabetes

- The insulin in your body does not work like it should
- Body makes insulin but most cells do not use insulin properly
- Insulin resistance
- Slowly, the pancreas stops making insulin.

Type 2 Diabetes Risk Factors

- Being overweight
- Not exercising regularly
- Family History
- Eating too much fat and sugar



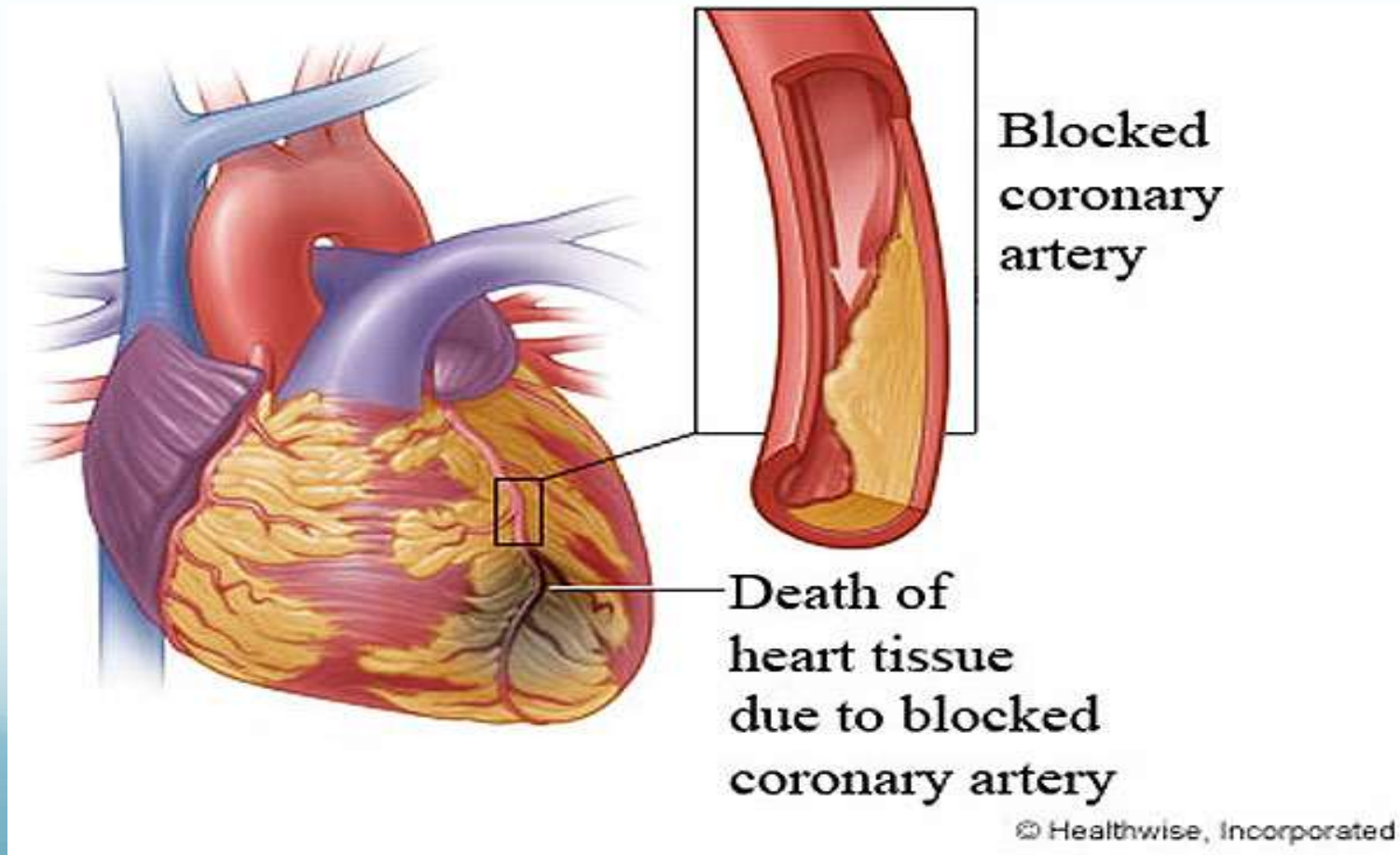
Type 2 Diabetes Prevention

- Try to eat foods that are low in fat
- Limit fast foods and sugary sodas
- Staying active



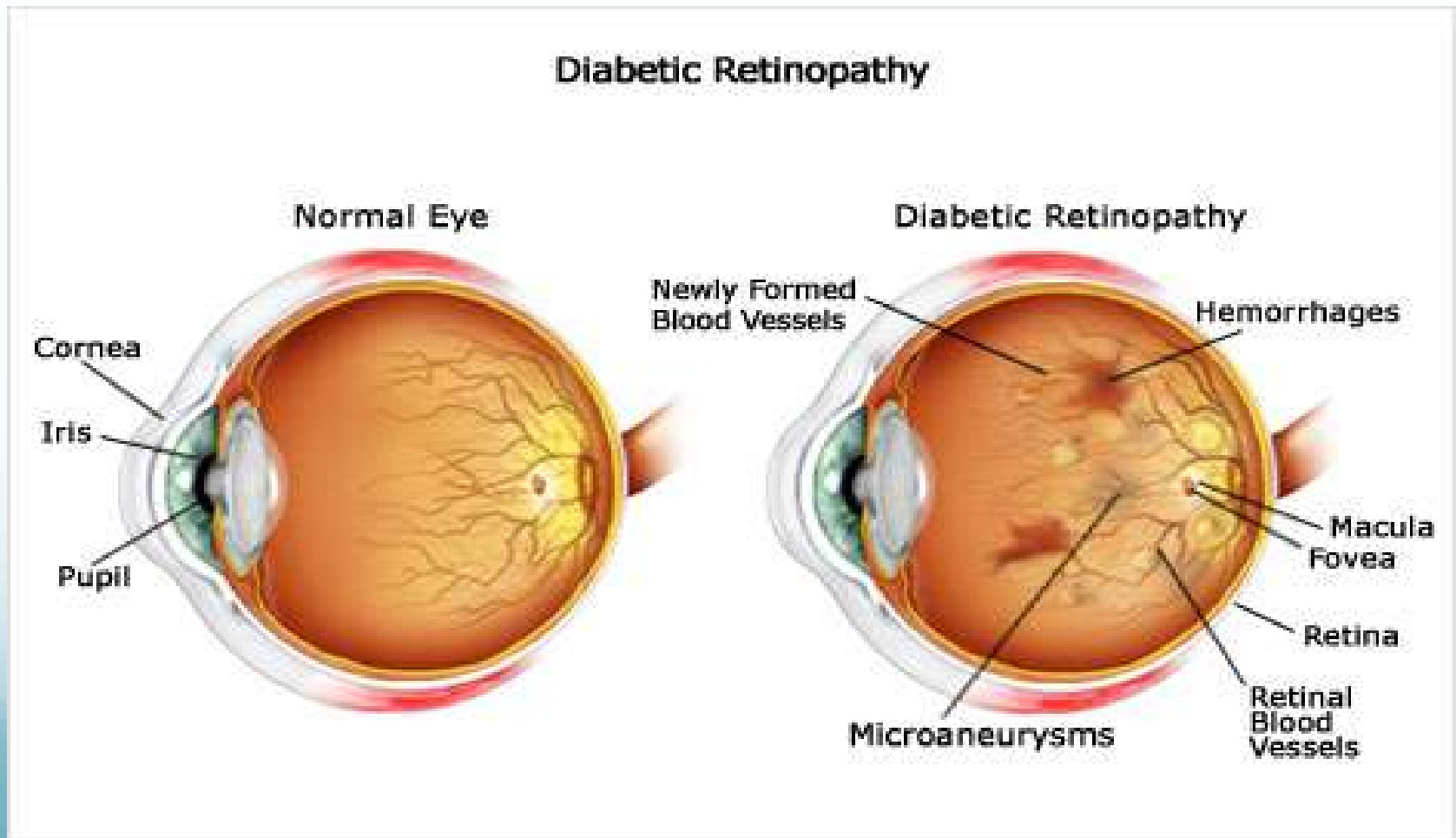
Complications of Diabetes

- Heart Disease



Complications of Diabetes

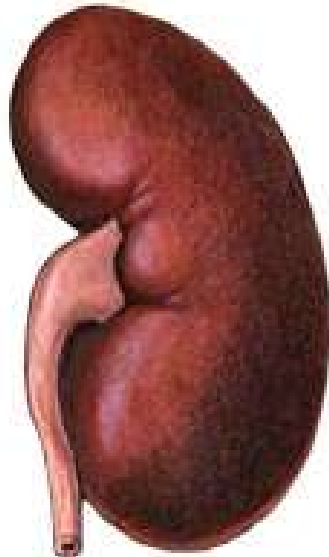
- Blindness



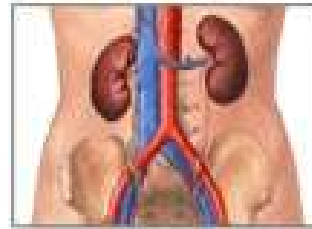
Complications of Diabetes

- Kidney Damage

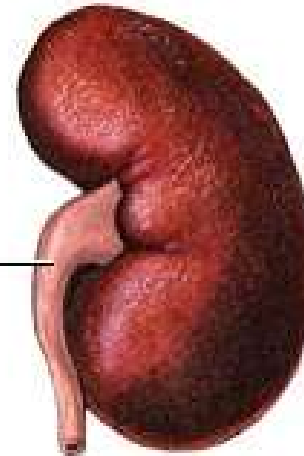
Normal kidney



- healthy function
- proper size
- low urine protein



Kidney disease



- granular surface
- decreased function
- smaller size
- high urine protein

Complications of Diabetes

- Nerve Damage

