

DIABETES

Srednja zdravstvena šola Izola

0 What is Diabetes?

• Diabetes is a chronic condition

Diabetes mellitus is a group of metabolic diseases

• associated with abnormally high levels of sugar (glucose) in the blood.

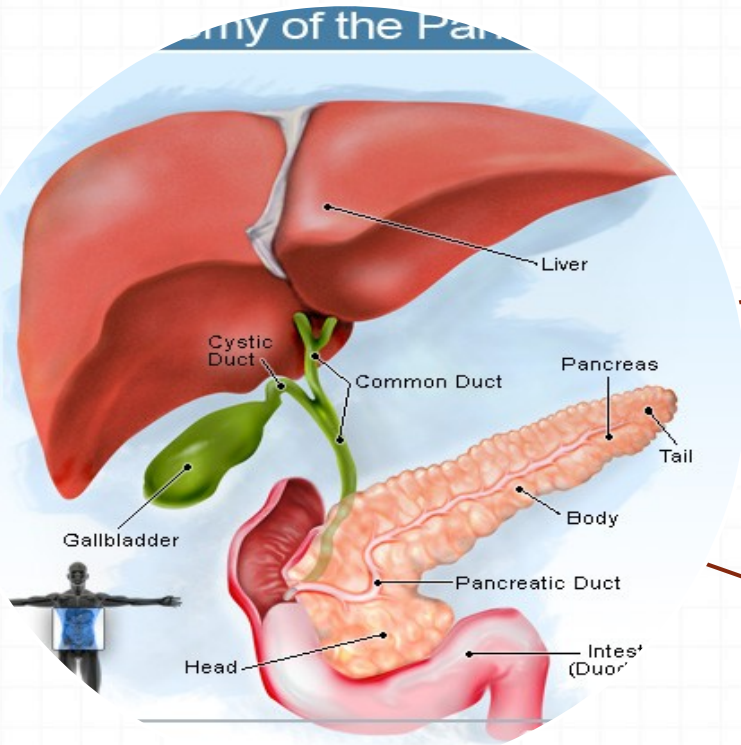


0 What is glucose?

Is a simple sugar found in food.

is an essential nutrient that provides energy for the proper functioning of the body cells

What is insulin?



-Insulin is a hormone that is produced by specialized cells (beta cells) of the pancreas.

Insulin helps glucose enter the cells, insulin is also important in tightly regulating the level of glucose in the blood

0 What causes diabetes?

Insufficient production of insulin (either absolutely or relative to the body's needs),

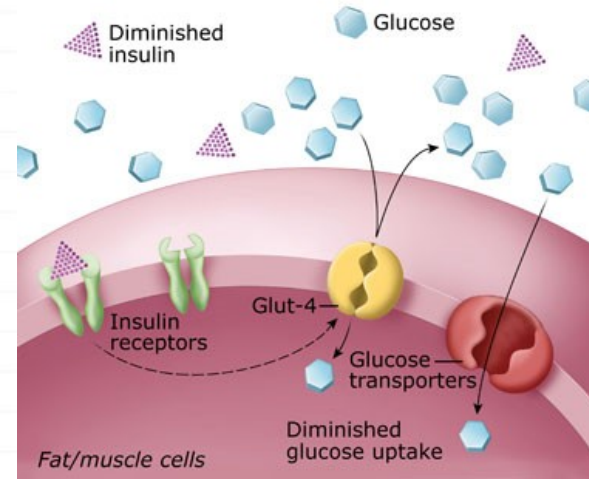
- Problem in type 1

inability of cells to use insulin properly and efficiently.

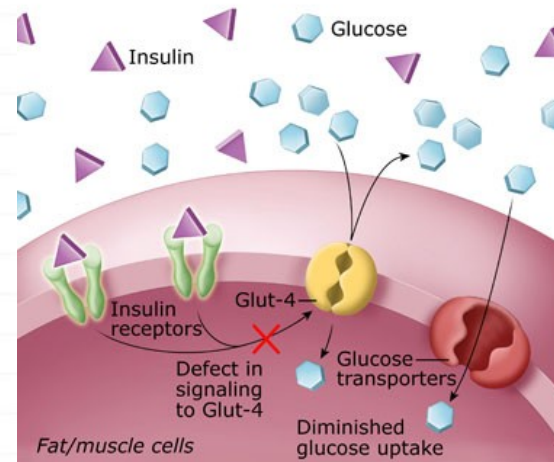
This is the primary problem in type 2

DIABETES TYPE 1

Type 1 Diabetes: Insufficient Insulin



Type 2 Diabetes: Insulin Resistance



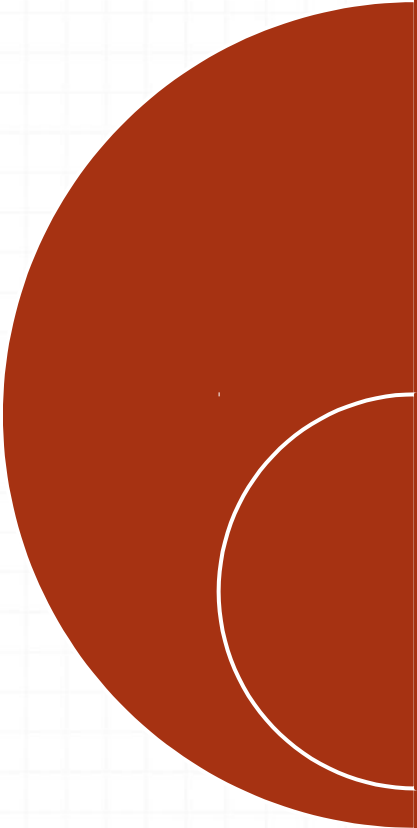
DIABETES TYPE 2

There are two types of diabetes:

DIABETES TYPE 1

DIABETES TYPE 2

DIABETES TYPE 1



- Type 1 diabetes is usually recognized in childhood or early adolescence,

often in association with an illness (such as a virus or urinary tract infection) or injury.

Symptoms:

polyuria
(frequent
urination),



polydipsia
(increased
thirst) and



polyphagia
(increased
hunger).

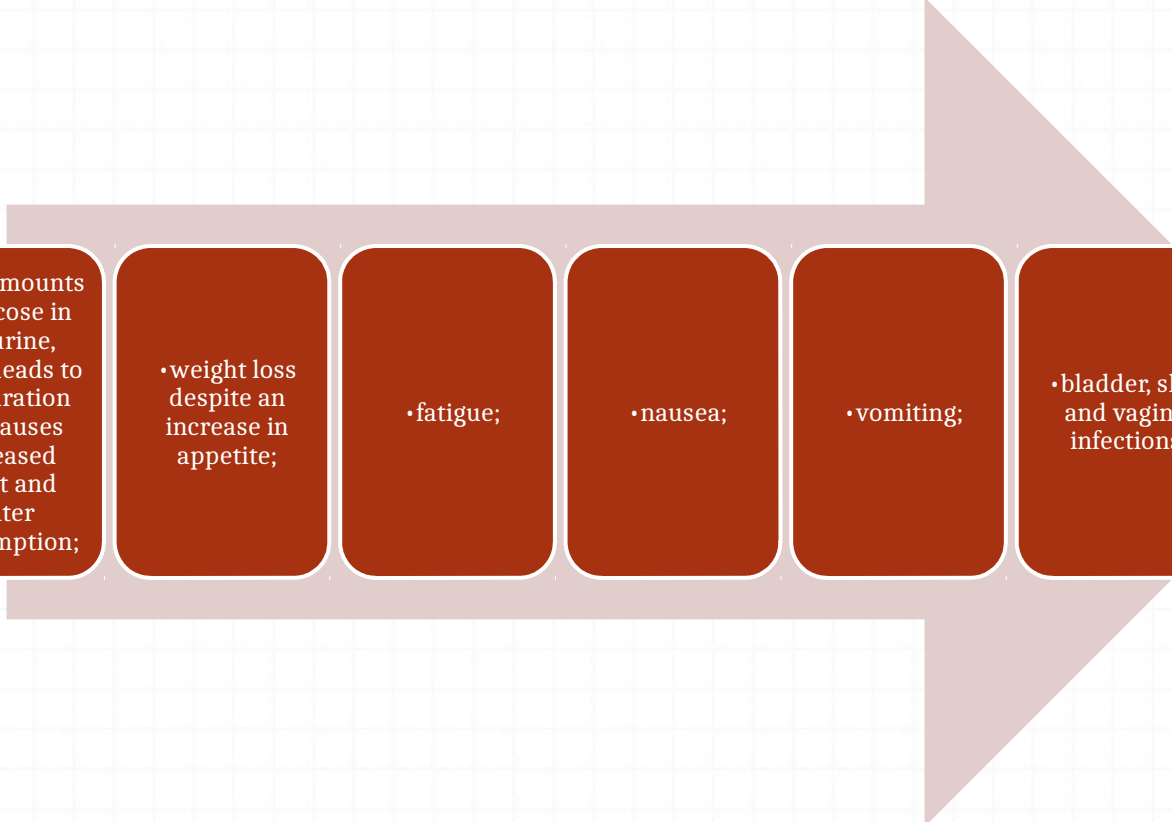
DIABETES TYPE 2



Type 2 diabetes is the most common form of diabetes. Affects older

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin

Symptoms:



• high amounts of glucose in the urine, which leads to dehydration and causes increased thirst and water consumption;

• weight loss despite an increase in appetite;

• fatigue;

• nausea;

• vomiting;

• bladder, skin, and vaginal infections;

• blurred vision; and

DIAGNOSIS:

0 •Diabetes is diagnosed by blood sugar (glucose) testing.

0 Normal values:

0 3,5 mmol/l – 5,6 mmol/l



Deviation from normal values:

0 Hypoglycemia:

Is the medical term for a state produced by a lower than normal level of blood glucose.

0 Hyperglycemia:

Hyperglycemia, or high blood sugar, is a condition in which an excessive amount of glucose circulates in the blood plasma.

Complications of diabetes are acute and chronic:

0 ACUTE:

dangerously elevated blood sugar, abnormally low blood sugar due to diabetes medications may occur.



0 CHRONIC:

disease of the blood vessels (both small and large) which can damage the eye, kidneys, nerves, and heart may occur

