



**diabetes** **D**lifestyle

The complete education of the diabetes and lifestyle



# *What is Diabetes ?*

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Increase in Sugar or Glucose in our Blood above normal level is called as **Diabetes**.

## **Maintain Blood Sugar Level Naturally**



# *Blood Glucose Range*

## NORMAL PERSON

- Fasting  
70 to 100 mg/dl
- Postprandial  
<140 mg/dl

## PRE DIABETIC PERSON

- Fasting  
101 to 125 mg/dl
- Postprandial  
141 to 199 mg/dl

## DIABETIC PERSON

- Fasting  
>126 mg/dl
- Postprandial  
>200mg/dl

# *How to Check Your Glucose Level?*



# *Types Of Diabetes*

Diabetes  
Mellitus



```
graph TD; A[Diabetes Mellitus] --> B[Type 1 Diabetes Mellitus]; A --> C[Type 2 Diabetes Mellitus]; A --> D[Gestational Diabetes Mellitus]
```

Type 1 Diabetes  
Mellitus

Type 2 Diabetes  
Mellitus

Gestational  
Diabetes Mellitus

# *Type 1 Diabetes Mellitus*

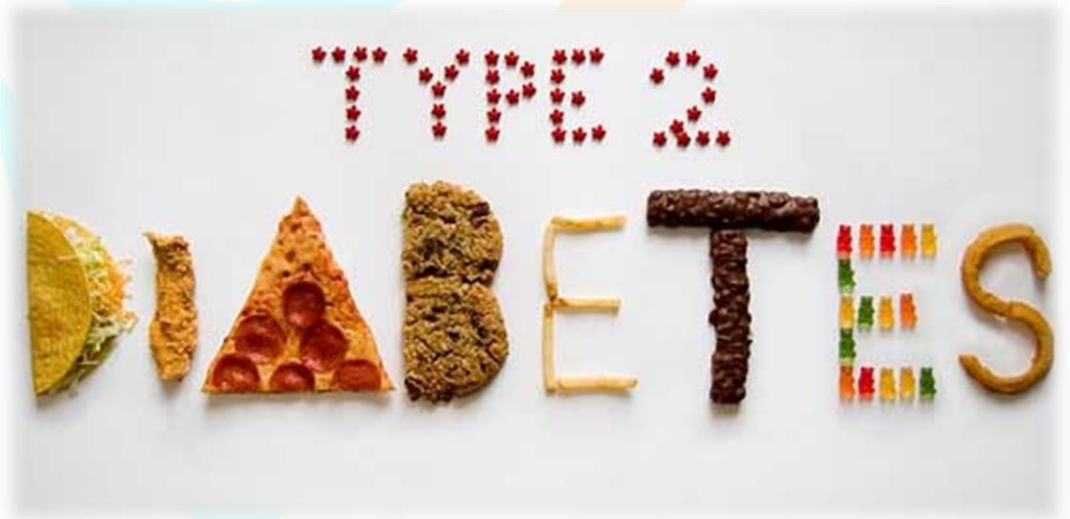


- ✓ Occurs at early age (< 30 yrs)
- ✓ Treated with insulin only
- ✓ Also called as Juvenile Diabetes or Insulin Dependent Diabetes



# Type 2 Diabetes Mellitus

- ✓ Occurs at Older Age ( > 40 yrs )
- ✓ Treated with oral medicines and Insulin ( If Needed)
- ✓ Also called as Insulin Independent Diabetes Mellitus





# *Gestational Diabetes Mellitus*

- ❖ Occurs during Pregnancy and disappears after delivery
- ❖ Treated with Insulin
- ❖ High risk of developing Type II Diabetes at later age



# *Risk Factor of Diabetes*

- ✓ Age > 40 yrs
- ✓ No exercise or physical work
- ✓ Obesity
- ✓ Family History

# *Symptoms of Diabetes*

- ✓ Increased Thirst
- ✓ Frequent Urination
- ✓ Extreme hunger
- ✓ Unexplained weight loss
- ✓ Fatigue
- ✓ Blurred Vision
- ✓ Slow healing of Injuries
- ✓ Frequent infection of Gum, Skin, Vagina or Bladder



# Diabetes Mellitus



*Will a Diabetic Have All  
These Symptoms ?*



# No...!!!

- ✓ The patient may have one or more of the symptoms
- ✓ Even in the absence of any symptoms those who are at risk of diabetes must undergo regular check up.

*What happens if  
Diabetes is not treated ?*



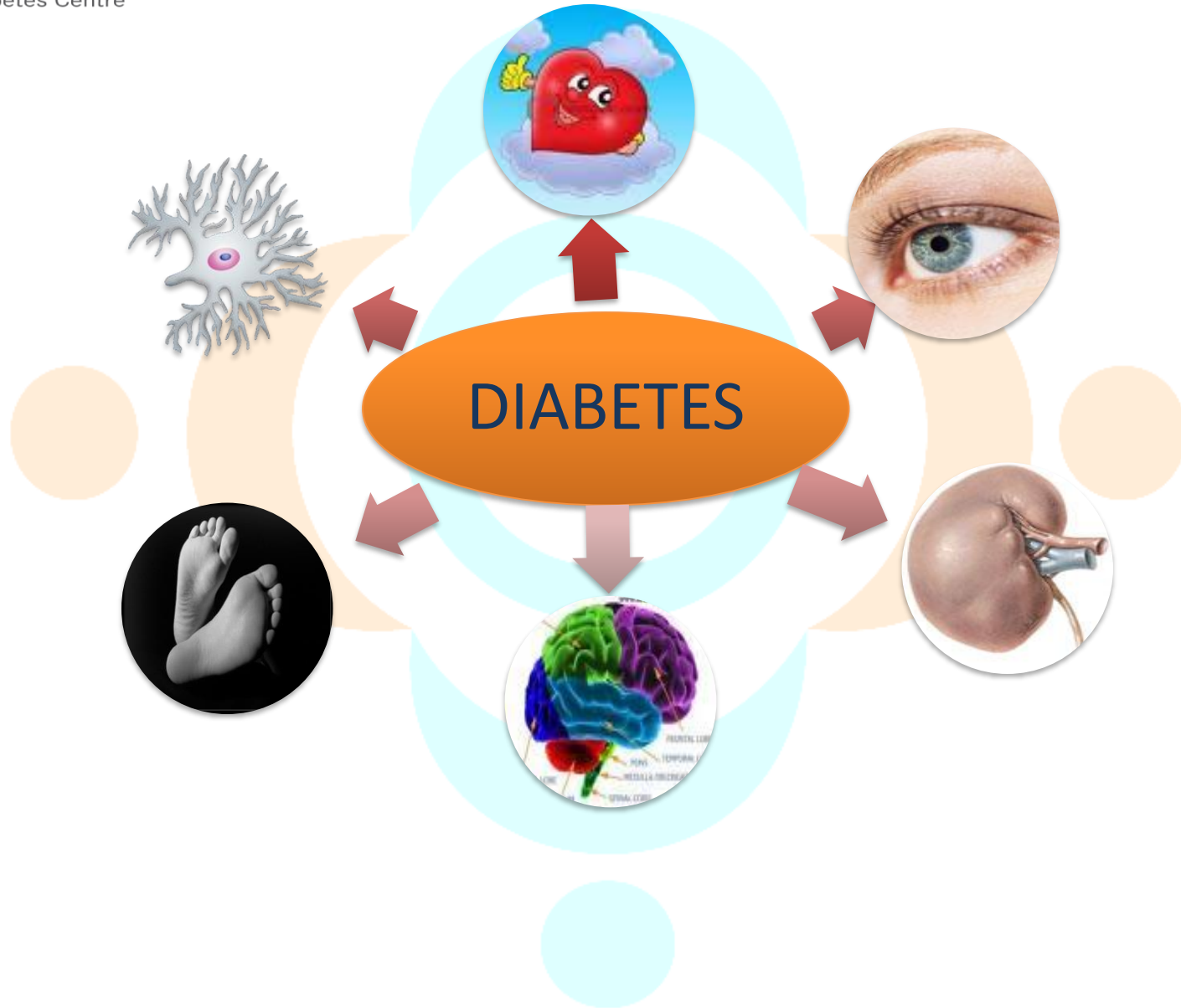
CONTINUOUS  
INCREASE OF  
GLUCOSE IN  
BLOOD

LEADS TO CHAIN  
OF  
COMPLICATIONS

AFFECTS ALL  
PARTS OF THE  
BODY WITHOUT  
SYMPTOMS AT  
EARLY STAGE



# *COMPLICATIONS OF DIABETES*



# Eyes

## DIABETIC RETINOPATHY

- Blockage or leakage of blood in the blood vessels of the eye



## CATARACT

- CLOUDING AROUND THE LENS OF THE EYE CAUSING BLURRED OR DIM VISION



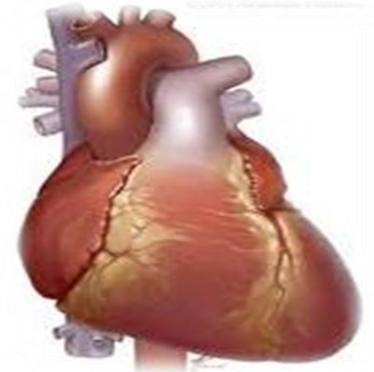
# HEART & BRAIN

HIGH SUGAR LEVEL

HIGH CHOLESTEROL LEVEL

BLOCKAGE OF BLOOD VESSELS  
GOING TO HEART AND BRAIN

HEART ATTACK OR STROKE

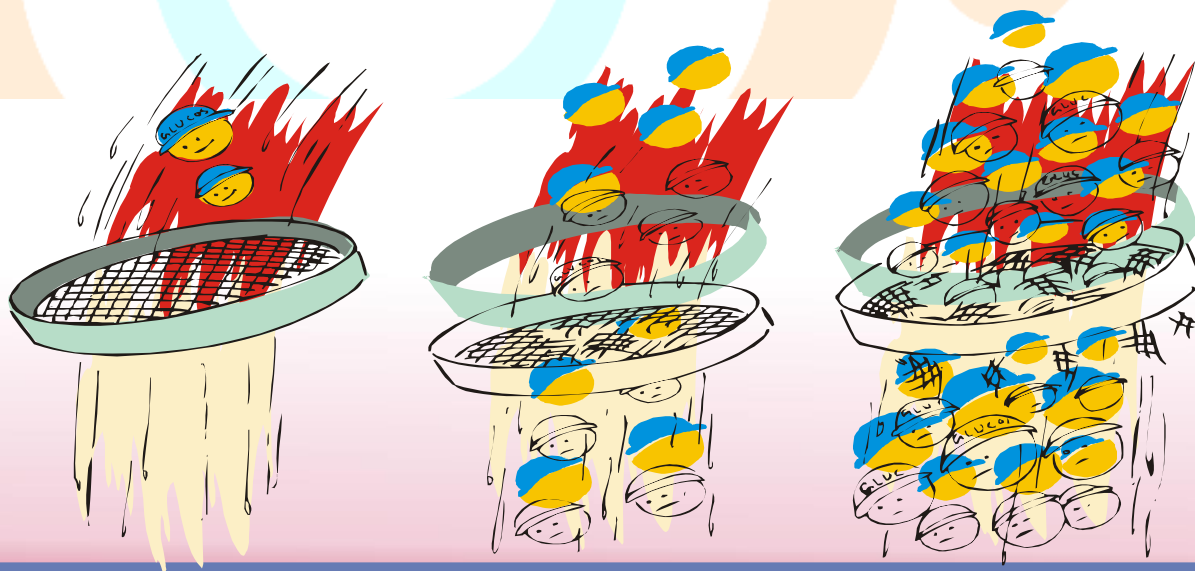


# Kidneys

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_



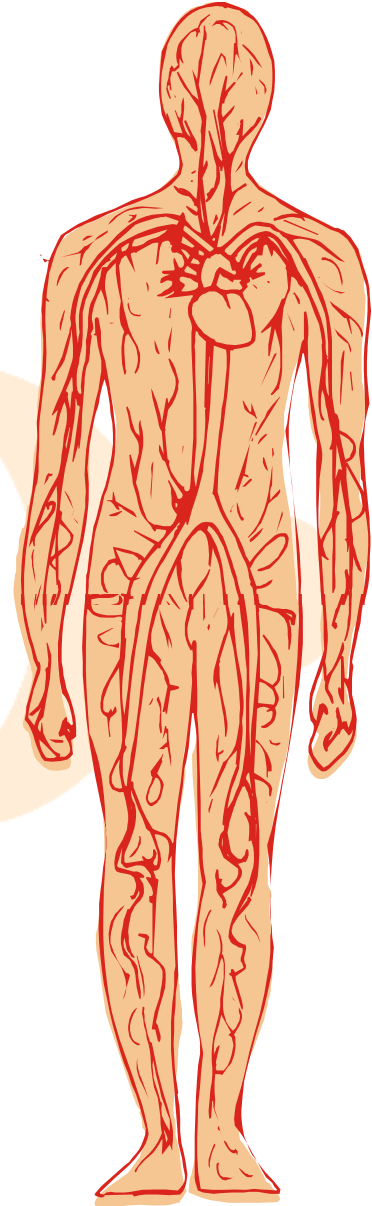
# Nerves

When the glucose level in the blood remains high for a very long time, it...

1. Damages nerves
2. Reduces sensation

This may cause :

1. Inability to feel cold ,
2. heat, pain, tingling
3. Fainting and dizziness





# *Diabetic Foot Care*

**Diabetes may lead to.....**

- ✓ Poor blood circulation in legs
- ✓ Loss of sensation in the feet due to damage to the nerves
- ✓ Infections and ulcers in the feet

# *What Is Hypoglycemia ?*

LOW SUGAR in the blood below the normal level is called as Hypoglycemia.



# *Symptoms of Hypoglycemia*

1. Nervousness
2. Sweating
3. Intensive Hunger
4. Trembling
5. Weakness
6. Palpitation
7. Trouble speaking
8. Coma

# *How To Manage Hypoglycemia ?*

# *How To Manage Hypoglycemia ?*

If you have hypoglycemic symptoms , have

- 3 tablespoon full of sugar (or )
- half cup of fruit juice

After 15 minutes if you are not alright

- Take another 3 tablespoon of sugar (or)
- half cup of fruit juice

ALWAYS CARRY AN IDENTITY CARD  
INDICATING YOU ARE  
**DIABETIC**



# *Treatment Of Diabetes...*

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## ❖ *Diet...*

1. Avoid deep fried food.
2. Avoid sweets
3. Consume food rich in fiber
4. Divide your meals in 3-4 parts ,  
take smaller meals at regular  
intervals
5. Divide your meal as per the calories  
advised by your doctor.





# *Treatment Of Diabetes...*

## ❖ ***Exercise...***

- A. Brisk walking, Swimming, dancing, cycling or out door sports that can give exercise to your body should be done every day
- B. Exercise regularly - 30 minutes daily for minimum 5 days a week
- C. Drink fluid before and after exercise
- D. Wear good foot wear and socks
- E. Consult your doctor before starting any regimen.

# *Treatment Of Diabetes...*

## ❖ *Medication...*

- ✓ Oral Diabetic medicines
- ✓ Insulin



# *When Insulin is Needed ?*



**Type I Diabetes patients**



**Before and after Surgery**



**Diabetes Uncontrolled with Oral medicines**

## *SELF MONITORING OF BLOOD GLUCOSE (SMBG)*

Patients taking oral medicines and Insulin are recommended to check their own blood sugars at home using an instrument called Glucometer. In case of low sugar or high sugar patient can check his blood sugar at home and adjust Insulin dose accordingly.

- Diabetic patients are recommended to check their blood sugar level 4 times daily ( Fasting, 2 hrs after break- fast, 2 hrs after lunch, 2 hrs after dinner) by American Diabetes Association ( ADA)
- In India Diabetic patients are advised to check their blood sugars 4 times daily for at-least 2 days in a week.

# *Glucometer*

- Glucometer is a small instrument used to check the blood sugar.
- It can be used easily by everybody and needs no technician for blood collection.
- It requires only a drop of blood for testing.
- You can check your blood sugar at any time and anywhere.
- In case of Low sugar symptoms you can check your blood sugar immediately and take appropriate treatment.





# *HOW TO PREVENT COMPLICATIONS OF DIABETES ?*

1. Follow strict Diabetic Diet
2. Exercise Regularly
3. Take medicines as prescribed



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Early detection  
of Diabetes will  
avoid major  
complications

Most of the times  
Diabetes remains  
silent without any  
symptoms at the  
time of onset

## Diabetes- Silent killer

After 40- yrs all  
should check their  
blood sugar once  
in a year

If Parents or other  
close relatives are  
diabetic check your  
blood sugar  
regularly.



# Target Your Goals

Fasting Blood Glucose

2hrs PP Blood glucose

HbA1C

Total Cholesterol

Triglycerides

LDL Cholesterol

Blood Pressure

Body Mass Index

- 70 -130 mg/dl
- < 180 mg/dl
- < 7 %
- <150 mg/dl
- <150 mg/dl
- <100 mg/dl
- 130/85 mm Hg
- 22-25 kg/m<sup>2</sup>



**Diabetes needs a life long treatment and can be controlled with healthy diet, regular exercise and the right medications.**



**Live long and healthy life with controlled diabetes.**

