

14<sup>TH</sup> NOVEMBER 2024

“DIABETES & WELL-BEING”



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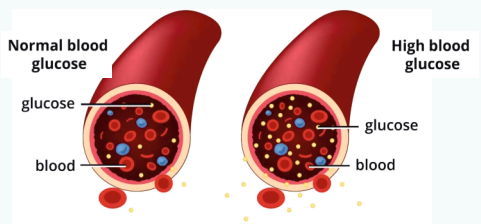
An Initiative by





# What is Diabetes?

Diabetes is a condition that occurs when blood glucose, also called blood sugar, is too high because the body can not use it properly.



## Digestive system, pancreas & role of Insulin

**STEP 1**  
Ingestion of food (carbohydrate, Protein or Lipids)

A cartoon illustration of a hand holding a hamburger with lettuce, cheese, and a tomato slice.

**STEP 2**  
Glucose from the food gets into blood stream

A diagram of a red blood vessel containing several small blue spheres representing glucose molecules.

**STEP 3**  
B- cells of pancreas releases insulin

An anatomical diagram showing the liver and pancreas. An arrow labeled 'Insulin' points from the pancreas to a blood vessel labeled 'Blood sugar'.

**STEP 4**  
Insulin helps glucose to get into body's cell. It works like a key that opens the lock helping the sugar to get entry inside the cell

A diagram of a cell with a lock on its membrane. A key labeled 'Insulin' is shown opening the lock, allowing blue hexagonal shapes representing glucose to enter the cell.

**STEP 5**  
The cell utilizes sugar and converts it into energy. Body thus gets the energy it needs

A cartoon illustration of a person in a blue suit running, with a yellow lightning bolt symbol next to them, representing energy.

# What are different Types of Diabetes?



## DIABETES



### TYPE I

- Insulin dependent
- Appears during childhood or adolescence

**Pancreatic  $\beta$  cells are destroyed due to:**

- Genetic
- Auto-immune process
- Viruses
- Pancreatic disorder
- Surgery/accident
- Environmental factors



### TYPE II

- Non insulin dependent
- Adult onset
- Most common

**$\beta$  cells either does not produce enough insulin or the insulin is not utilized by body**



### GESTATIONAL

- High glucose level during pregnancy
- May get cured after delivery or continues for life-time



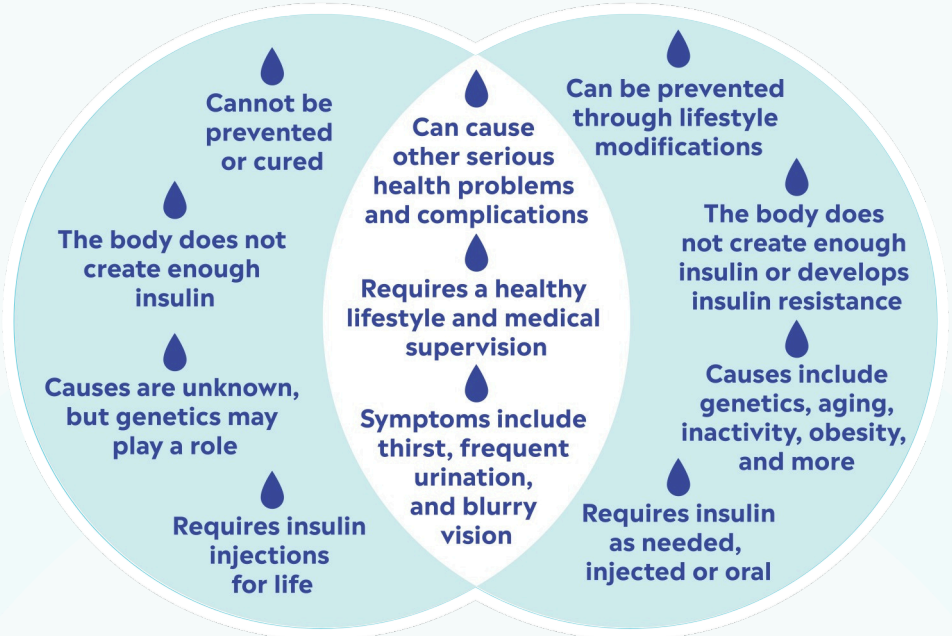


# Types of Diabetes

(Comparison Between Type 1 & Type 2)

**TYPE - 1** VS **TYPE - 2**

# DIABETES



**TYPE-1**

**TYPE-2**



# What are the Symptoms of Diabetes?



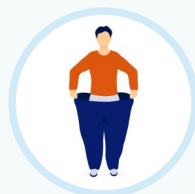
**IF YOU HAVE ANY OF THE FOLLOWING  
SYMPTOMS, GET BLOOD SUGAR TESTED**



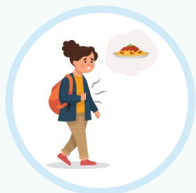
**FREQUENT URINATION**



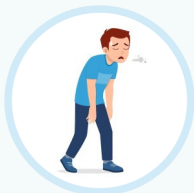
**FREQUENT THIRST**



**SUDDEN WEIGHT LOSS**



**ALWAYS FEELING HUNGRY**



**FEEL VERY TIRED**



**BLURRY VISION**



**DRY SKIN**



**VAGINAL INFECTIONS**



**SEXUAL PROBLEMS**



**HAVE WOUND THAT HEAL SLOWLY**



**NUMB OR TINGLING HANDS OR FEET**



# How diabetes is Diagnosed?

## BLOOD TESTS FOR DIAGNOSIS OF DIABETES

- **HbA1c:**  
Tests average blood sugar levels for the last two to three months.
- **Fasting Blood Glucose Test:**  
Fasting overnight and taking the test in the morning. (After 8-12 hrs of fasting)
- **Oral Glucose Tolerance Test:**  
Test shows if your body is having problems handling the sugar you get from food. Routinely used for diagnosing gestational diabetes.

	HbA1c%	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	≥ 6.5	≥ 126	≥ 200
Prediabetes	5.7 – 6.4	100 - 125	140 – 199
Normal	≤ 5.7	≤ 99	≤ 139



# What are the Risk Factors for Diabetes?

## KNOW MAJOR RISK FACTORS FOR DIABETES



AGE



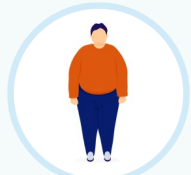
INACTIVITY



GENDER



FAMILY HISTORY



OBSESITY



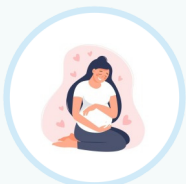
HYPERTENSION



STRESS



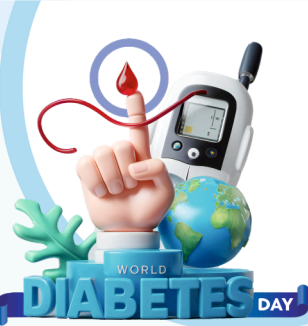
HIGH CHOLESTEROL



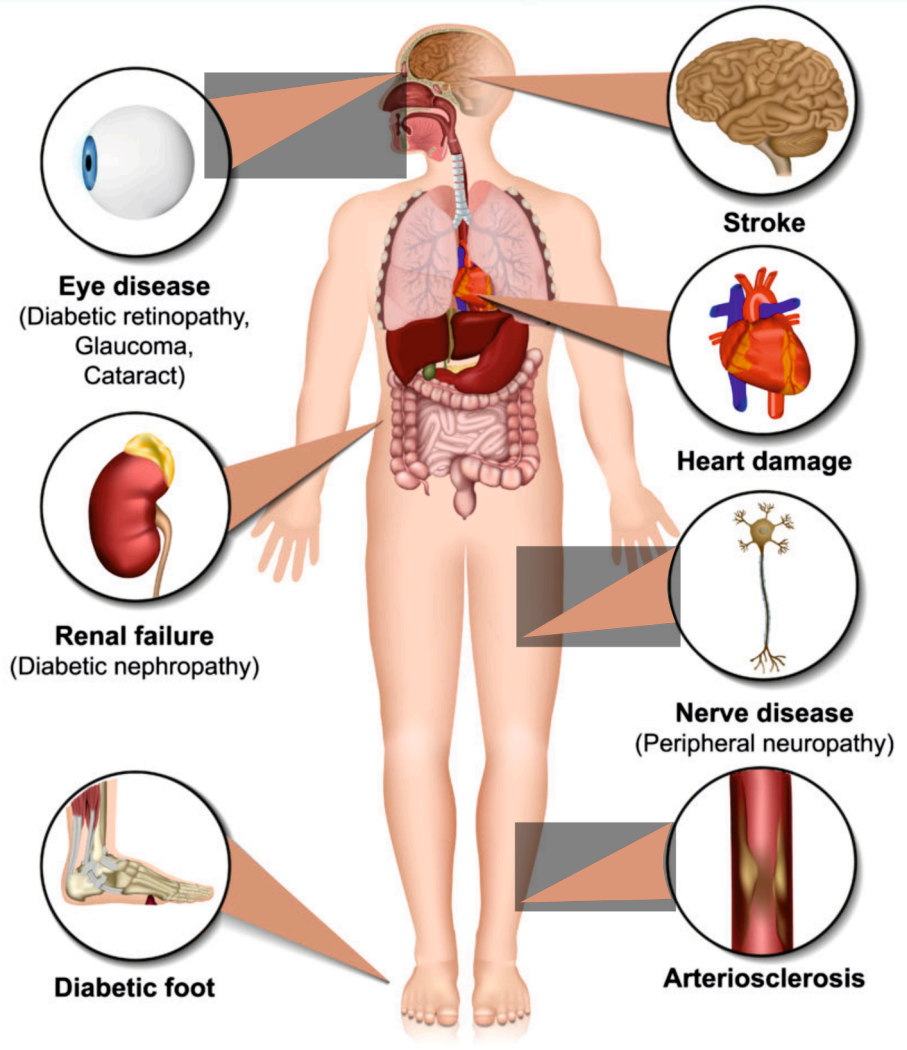
PREGNANCY



SOME MEDICATIONS



# What are the Complications of Diabetes?



# What are the ways to lower risk of getting **Type II Diabetes**?



**REDUCE CARB INTAKE**



**EXERCISE REGULARLY**



**QUIT SMOKING**



**LOSE EXCESS WEIGHT**



**REDUCE PORTION SIZES**



**EAT HIGH FIBRE DIET**



**MANAGE STRESS**



**CUT BACK ON  
SEDENTARY BEHAVIORS**



**DRINK PLENTY  
OF WATER**



**REDUCE INTAKE OF  
HIGHLY PROCESSED FOODS**



# What are the precautions to be taken by **Diabetic Person**?

## THE ABCs OF DIABETES

**A** IS FOR THE A1c TEST (blood glucose test) **LESS THAN 7%**

**B** IS FOR BLOOD PRESSURE **LESS THAN 120/80 mmHg**

**C** IS FOR CHOLESTEROL LEVELS FOR LDL **LESS THAN 100 mg/dl**

## FOOT CARE

- Wash & dry feet regularly
- Never walk barefoot, wear clean socks & shoes
- Check feet for blisters, cuts and sores



## EYE CARE

Have regular check-up of eyes, consult physician for any unusual changes



## KNOW THE SYMPTOMS OF HYPOGLYCEMIA

Medications may cause low sugar level



**Always carry the chocolates and glucose pills with you**





# How effectively **Diabetes can be Managed?**

Protect yourself from **DIABETES**, follow these steps to keep your health on **TRACK**.

- T** Take your Medication as prescribed by your doctor. 
- R** Reach and maintain a healthy weight. 
- A** Add more physical activity to your daily routine. 
- C** Control your ABC's- A1C, blood pressure and cholesterol levels. 
- K** Kick the Smoking habit. 

For effective Diabetes Control  
**There is Necessity of 'Health Discipline'**