



Diabetes

If you've recently been diagnosed with diabetes, you may have many questions. Here, we'll explain what diabetes is, its causes and risk factors, and the types of diabetes so you can start managing your health.

What Is Diabetes?

Diabetes is a chronic condition in which your body does not produce enough insulin or does not use it effectively, resulting in high levels of glucose (sugar) in the blood. Insulin is a hormone produced by the pancreas that helps your body absorb and use glucose to provide energy. Without enough insulin, your body can't use glucose for energy, and the glucose accumulates in your blood, leading to high blood glucose (sugar) levels.

There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes occurs when the body stops producing insulin altogether, while Type 2 diabetes occurs when the body does not produce enough insulin or use it properly.

Causes and Risk Factors

The exact cause of type 1 diabetes is unknown, but doctors believe it is an autoimmune disorder. With type 2 diabetes, the most common cause is being overweight. Other risk factors include a sedentary lifestyle, a family history of diabetes, and gestational diabetes (diabetes during pregnancy). It's important to talk to your doctor to determine if you have any risk factors.

Effects

Though the effects of diabetes vary from person to person, left untreated, it can lead to serious health consequences. If your blood glucose stays at higher levels for an extended time, it can lead to more severe complications such as heart disease, stroke, nerve damage, kidney damage, and blindness.

Managing Diabetes

Managing diabetes is a lifelong process. It requires a combination of healthy eating, physical activity, taking medications (if prescribed by your doctor), and regular doctor visits. Educating yourself about your condition and creating a diabetes care plan with your healthcare provider is essential.

Conclusion

Diabetes is a chronic condition that affects your body's ability to use and produce insulin. There are two main types of diabetes, Type 1 and Type 2, and each requires a different approach to treatment. Understanding your condition and talking to your healthcare provider to create a care plan that works for you is crucial. With the proper treatment and lifestyle changes, you can manage your diabetes and reduce the risk of long-term health complications.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.