

welcome

Understanding Diabetes



Topics

- * What is Diabetes?
- * Risk factors of T2DM
- * Complications
- * Management of Type 2 Diabetes

What is diabetes?

Diabetes is a condition in which the amount of glucose in the blood is too high because;

- * The body is not utilising the glucose for energy
- * Pancreas is not making enough insulin.
- * Insulin is not working properly (insulin resistance)

Common Types Of Diabetes

Prediabetes – impaired glucose

Type one – severe lack of insulin in the body.

Type two – high insulin level and insulin resistance

Gestational diabetes – pregnancy related

In addition to the more common types, there are a range of other types of diabetes which affect about 2% of people

Signs and symptoms of diabetes...



Very thirsty



Needing to pass urine more often than usual



Dry skin



Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual

Risk factors for Type 2 diabetes...

- * Family history
- * Ethnicity
- * Central obesity (Pot belly)
- * Being less active
- * Getting older
- * Long term use of steroids: e.g. after covid-19, can increase blood glucose
- * Damage to pancreas: e.g. cancer
- * Depression and chronic stress: medications used to treat depression/mental health

Type 2 Diabetes Prevention

* Exercise



Diet

Balanced diet



- Fruits and vegetables
- Protein
- Fibre-rich carbohydrates
- Fats

Reduce stress

Be Happy



Type Two Diabetes Prevention

How to break Insulin Resistance

- . Reduce your carbohydrate (glucose/sugar) intake
- . Intermittent fasting
- . Reduce sedentary lifestyle
- . Exercising well and regularly
- . Get enough sleep,

Understanding carbohydrate:

Starches and sugars –

Starchy food

- * Bread, pasta, cereal, porridge, chapattis, crackers, yam, cassava, Rice etc

Food with sugar

- * Jam, honey, fizzy drinks, sugar, sweets, cakes, biscuits, deserts, etc

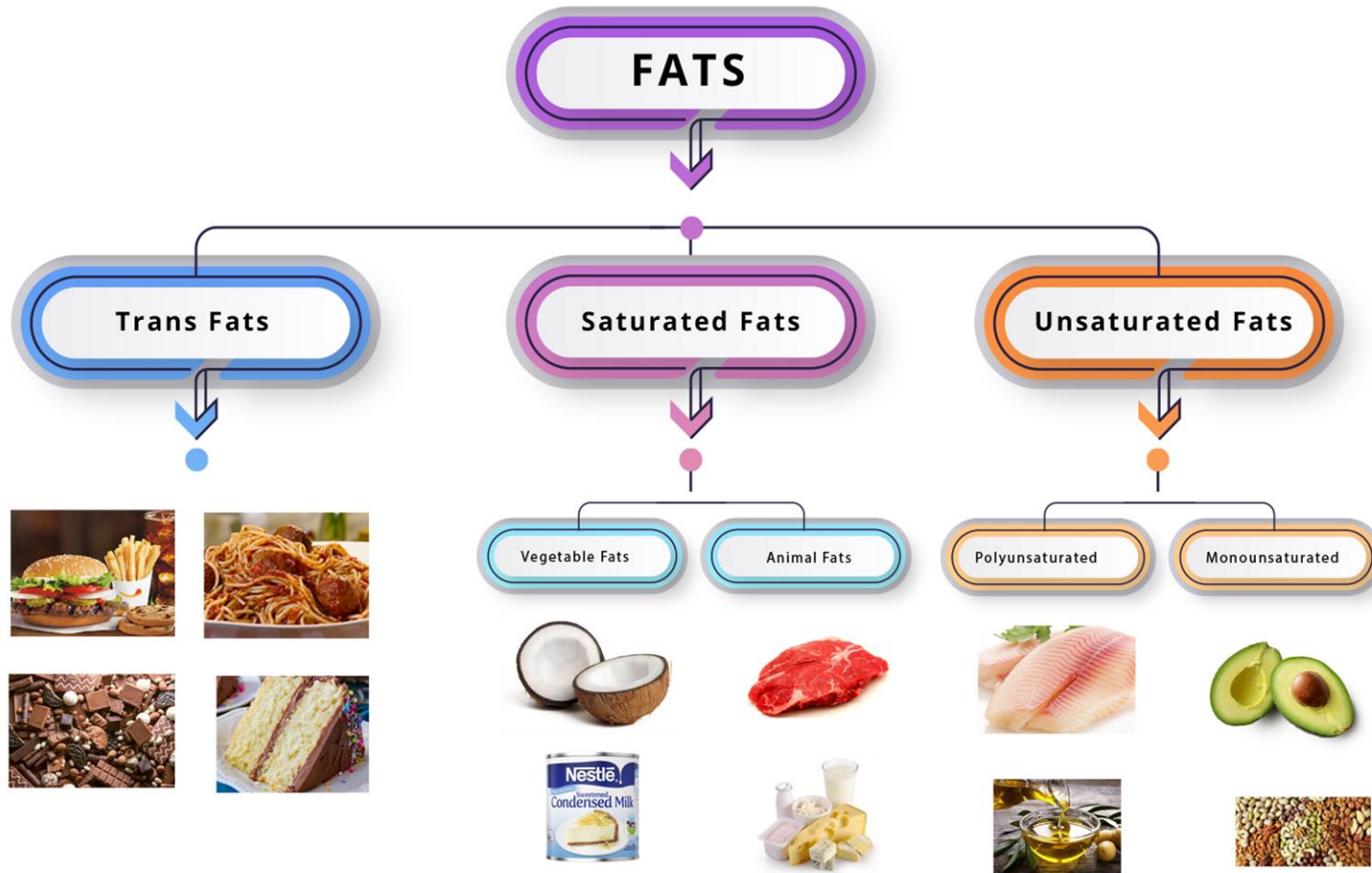
Natural Sugar

Fruits, Milk, Yoghurt

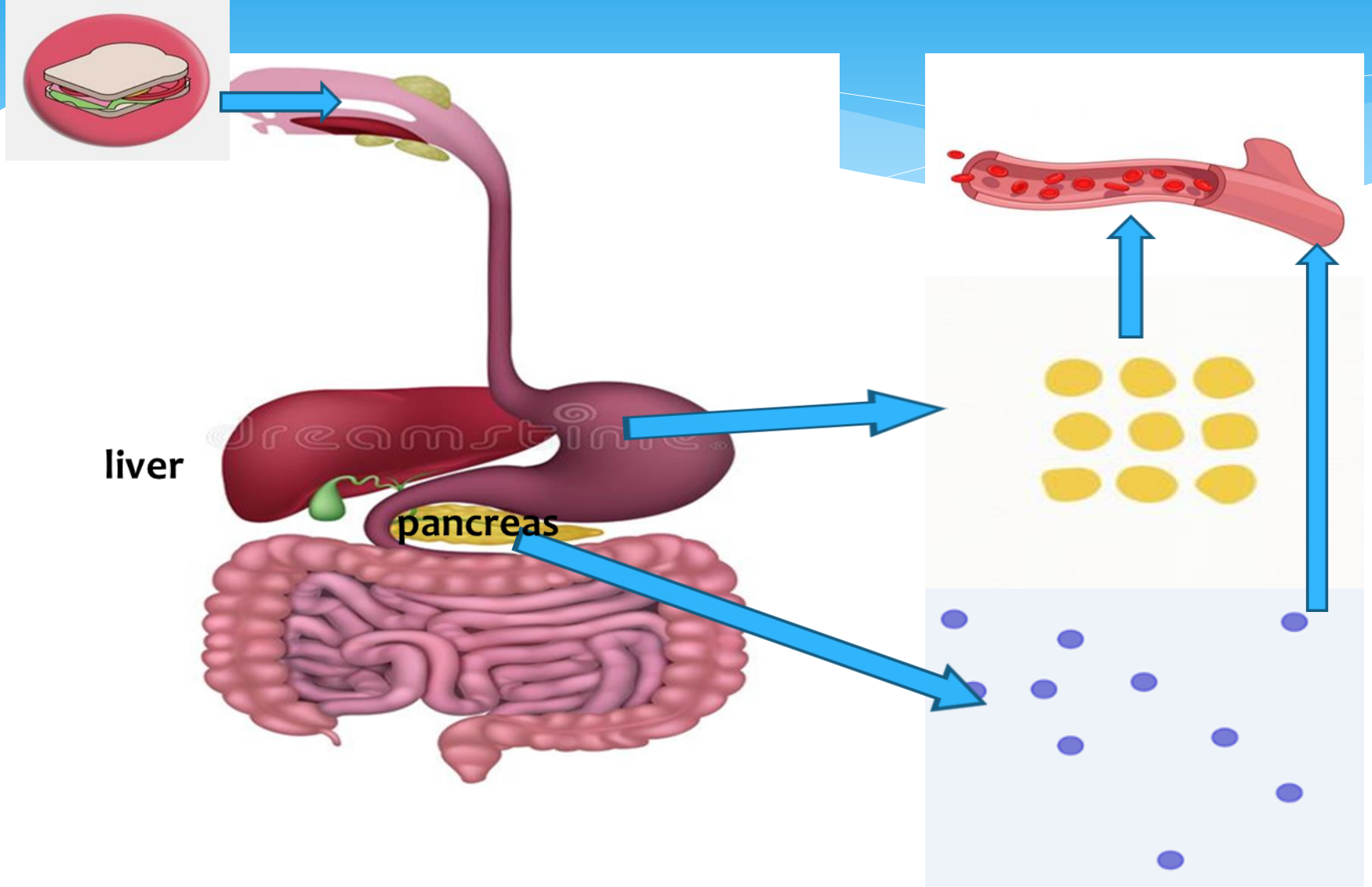
How to recognise when you're consuming too much Carbohydrate

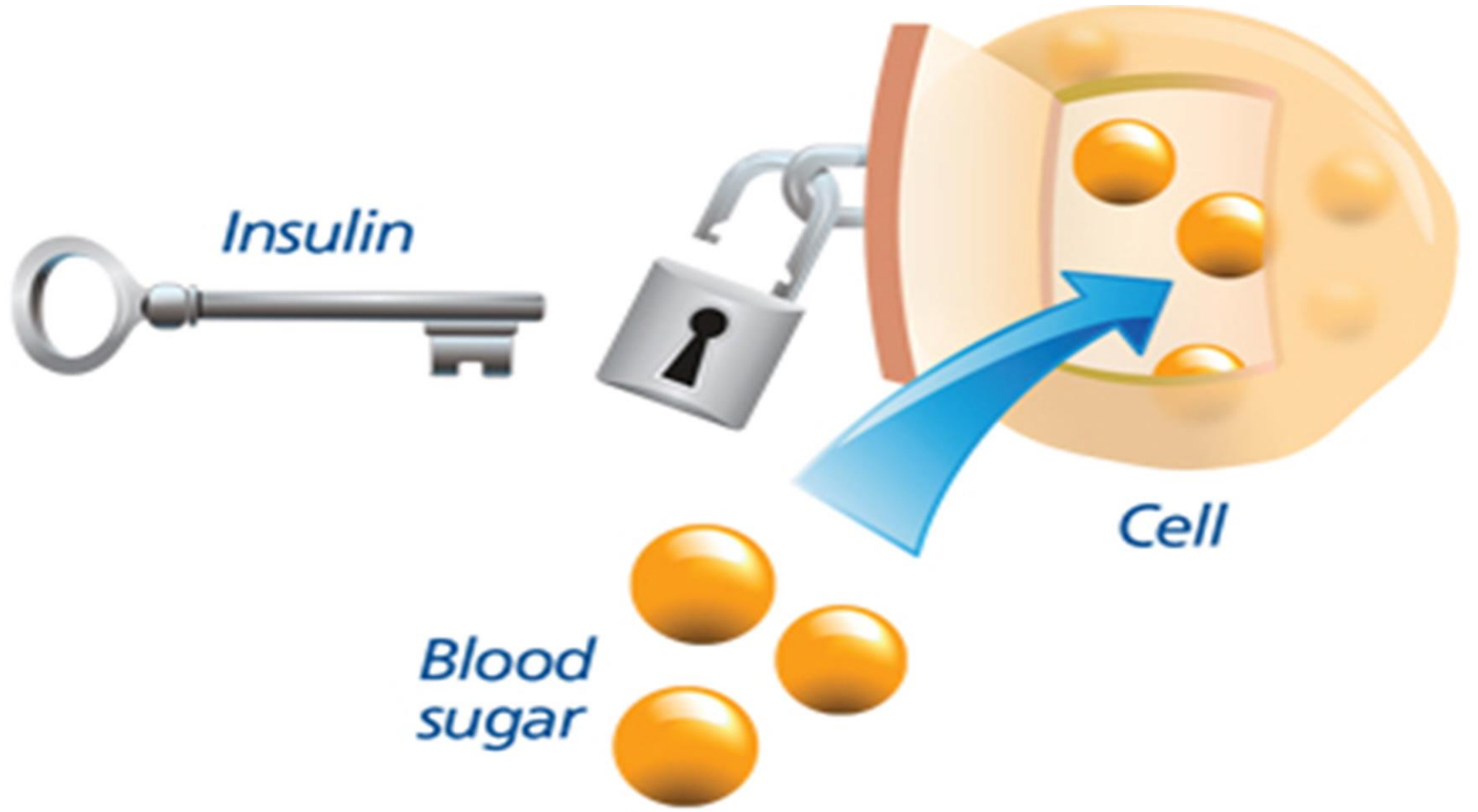
- * Reduced energy level
- * Raised blood glucose
- * Blood glucose controlled only by medication
- * Inability to lose weight/weight gain(around the waist)
- * Raised blood fat level(Triglyceride)
- * fatty liver indication(raised GGT levels)
- * Increased hunger

Good Fats Bad Fat



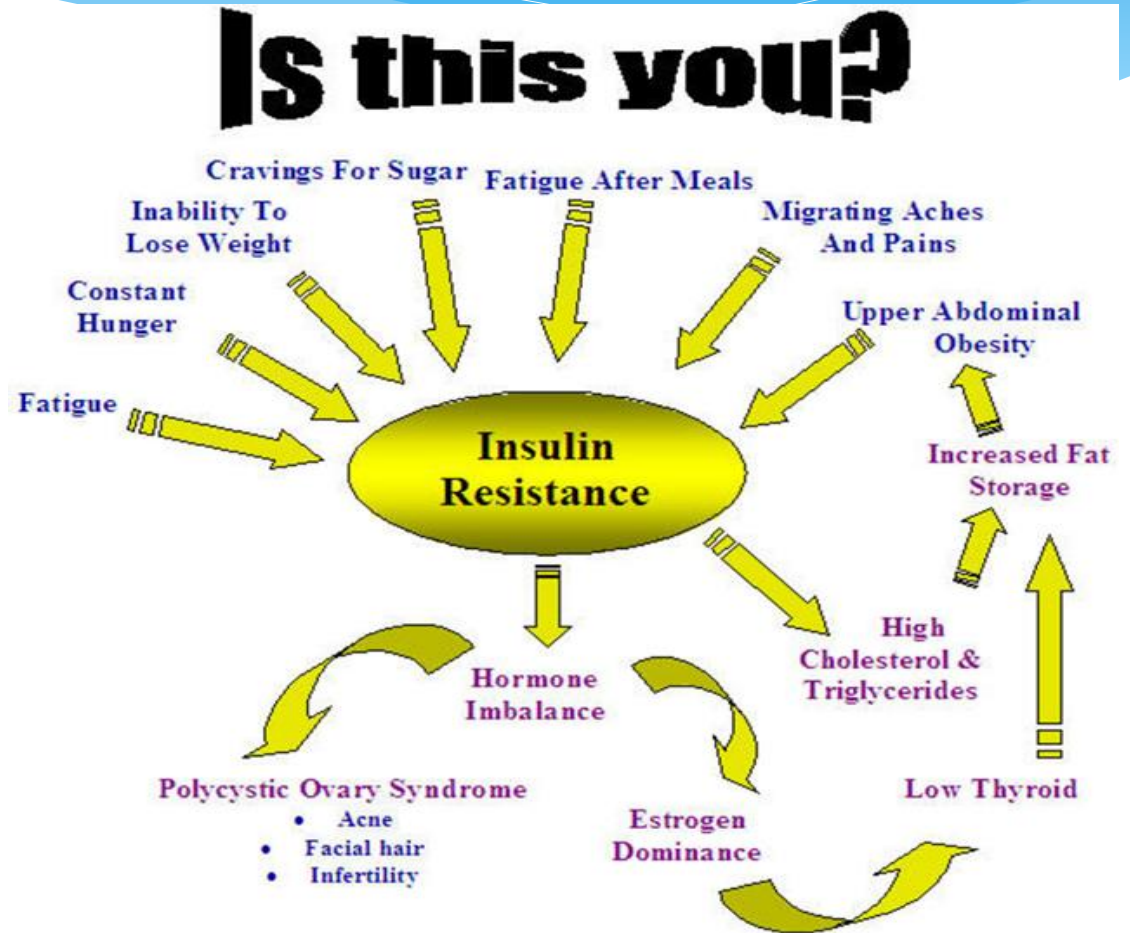
How food is broken down





How to break Insulin Resistance

- * Reduce your sugar intake
- * Intermittent fasting
- * Reduce your carbohydrate intake
- * Exercising well and regularly
- * Get enough sleep,



Less of this...

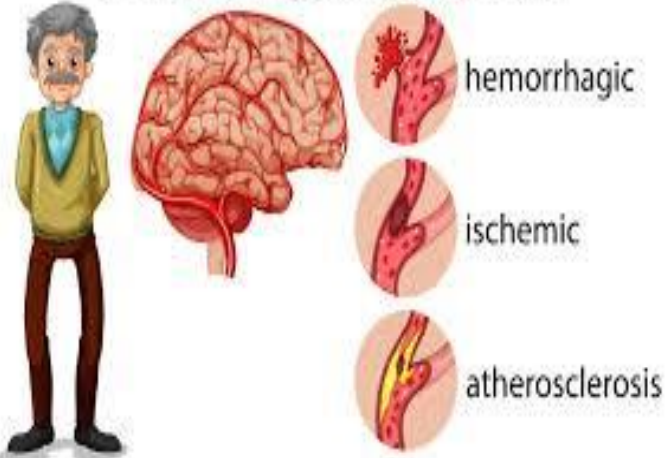


More of this...



Long term Complication

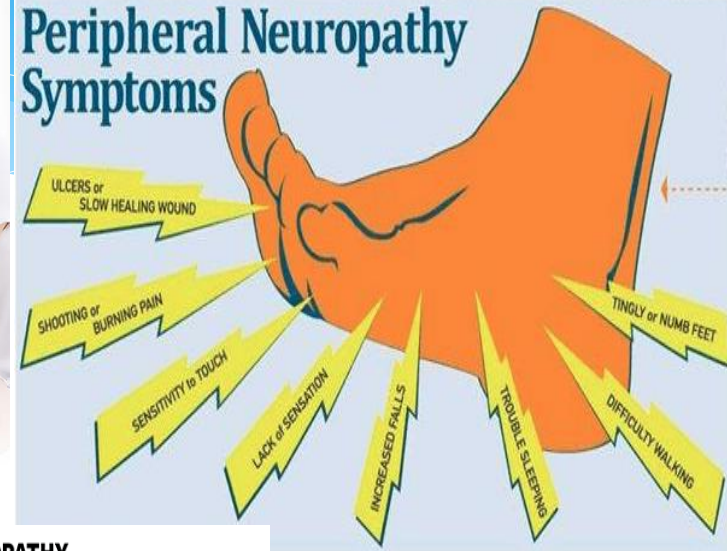
Common Types of Stroke



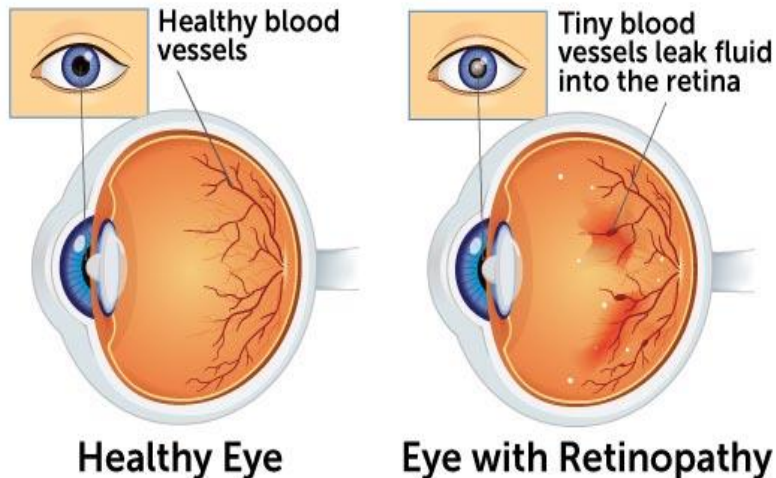
LIVING WITH ERECTILE DYSFUNCTION



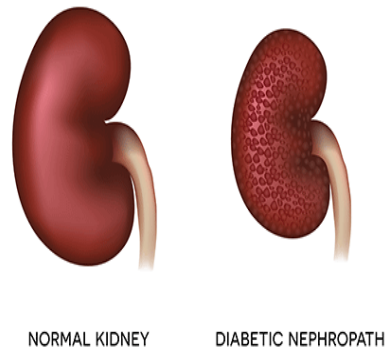
Peripheral Neuropathy Symptoms



DIABETIC RETINOPATHY



DIABETIC NEPHROPATHY KIDNEY DISEASE



How can I improve diabetes

Eating healthy diet/ Reduce carbohydrate portions

Lose weight/reduce
waist measurement

Alcohol in moderation/stop
smoking/manage stress/sleep
well

Take
medications

Be more
active

Eat less
saturated
fats

If you want to know more about
T2DM or need one on one help?

Tel: 07868368344



THANK
YOU



The image features the words "THANK YOU" in a bold, 3D, light green font with black outlines. The word "THANK" is on the top line, and "YOU" is on the bottom line. The letter 'O' in "YOU" is replaced by a cartoon face with a wide, open-mouthed smile showing a red tongue, and closed eyes with small lines above them. The entire graphic is set against a grey and white checkerboard background.