

About Diabetes

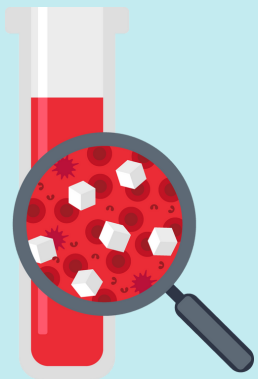
Diabetes is a disease in which a person is unable to process sugar because their body does not produce enough of the hormone insulin. There are two main types; Type I, which you are born with, and Type II, which anyone can develop.

Diet and lifestyle choices contribute dramatically to an increased risk of developing Type II diabetes. Since 1980, the prevalence of diabetes globally has risen by 400%. This increase correlates with the rise of sugar in our diets, as well as increasingly sedentary lifestyles that result from desk-based jobs.



Type I

- Congenital and chronic
- Pancreas does not produce enough insulin
- 6% of diabetics are Type I
- Usually diagnosed as a child
- Managed by injecting insulin directly into the body



Type II

- Non-congenital
- Body produces insulin, but cells become unable to respond to it
- Lifestyle choices raise risk of developing Type II
- Family history of Type II also raises risk



!!! Diabetic Shock !!!

Signs and Symptoms

Diabetic shock occurs when a diabetic person's blood sugar levels drop dangerously low. Early symptoms of diabetic shock include:

- sudden changes in mood
- dizziness
- shakiness
- hunger
- sweating

If left untreated, diabetic shock can cause loss of consciousness, seizures, and even coma



What to Do

A person in diabetic shock needs a **fast-acting source of sugar (like candy or fruit juice) immediately**, followed by a longer-acting sugar source (like bread or yogurt).

If the person is unconscious, they require an injection of glucagon. People with Type I diabetes usually carry glucagon with them as a part of their blood sugar testing kit.

