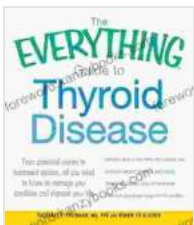


From Potential Causes To Treatment Options All You Need To Know To Manage Your Diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. There are two main types of diabetes: type 1 and type 2.

In type 1 diabetes, your body does not make insulin. Insulin is a hormone that helps glucose, or sugar, get from your blood into your cells. Without insulin, your blood sugar levels can get too high.

In type 2 diabetes, your body does not make enough insulin or does not use insulin well. This can also lead to high blood sugar levels.



The Everything Guide to Thyroid Disease: From potential causes to treatment options, all you need to know to manage your condition and improve your life (Everything Series) by Theodore C Friedman

★★★★☆ 4.6 out of 5

Language : English
File size : 1137 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 306 pages

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Diabetes can cause a number of serious health problems, including heart disease, stroke, kidney disease, and blindness. However, diabetes can be managed with a healthy lifestyle and medication.

The exact cause of diabetes is unknown, but there are a number of factors that can increase your risk of developing the disease, including:

- Family history of diabetes
- Obesity
- Physical inactivity
- Age (over 45)
- Race (African Americans, Hispanics, American Indians, and Asian Americans are at higher risk)
- Gestational diabetes (diabetes that develops during pregnancy)
- Polycystic ovary syndrome (PCOS)
- Certain medications, such as steroids
- Certain medical conditions, such as Cushing's syndrome

The symptoms of diabetes can vary depending on the type of diabetes you have. However, some common symptoms include:

- Frequent urination
- Increased thirst
- Unexplained weight loss
- Fatigue

- Blurred vision
- Slow-healing sores
- Frequent infections

Diabetes is diagnosed with a blood test that measures your blood sugar levels. A fasting blood sugar level of 126 mg/dL or higher on two separate tests indicates diabetes.

The treatment for diabetes depends on the type of diabetes you have. However, some common treatments include:

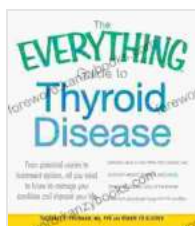
- **Type 1 diabetes:** Insulin therapy is the mainstay of treatment for type 1 diabetes. Insulin can be given through injections, an insulin pump, or an inhaler.
- **Type 2 diabetes:** Treatment for type 2 diabetes may include lifestyle changes, such as diet and exercise, as well as medication. Medications for type 2 diabetes include oral medications, such as metformin, and injectable medications, such as insulin.

In addition to medication, lifestyle changes are an important part of diabetes management. Some healthy lifestyle changes for people with diabetes include:

- Eating a healthy diet that is low in sugar and processed foods
- Exercising regularly
- Maintaining a healthy weight
- Quitting smoking

- Managing stress

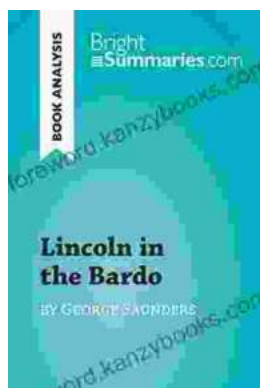
Diabetes is a serious disease, but it can be managed with a healthy lifestyle and medication. If you have diabetes, it is important to work with your doctor to develop a treatment plan that is right for you.



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