

DIABETES:

Most of us know one or more people with this disease. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to help the body use or store the blood sugar it gets from food. The cause of diabetes is still not known, but it can be detected through tests that measure the level of sugar in your blood.

TYPES OF DIABETES:

Type I Diabetes — When your body makes little or no insulin. This type of diabetes is called Insulin Dependent Diabetes, and you may take insulin shots.

SYMPTOMS OF TYPE I

- Increased thirst.
- Increased hunger.
- Feeling very tired.
- Increased urination.
- Sudden weight loss.

Type II Diabetes— Your body makes insulin, but it can't use it the right way. Type II is the most common type of the disease which occur in 9 out of 10 cases.

SYMPTOMS OF TYPE II

- Feeling tired.
- Getting a lot of infections.
- Blurry vision.

- Slow healing of cuts or sores.
- Numbness or tingling in hands or feet.
- Dry itchy skin.
- Increased urination

CESTATIONAL DIABETES—This is when the illness occur during pregnancy, and disappear when the baby is born.

PRE-DIABETES—When blood sugar levels are higher than normal, but not yet high enough to be called Diabetes.

MANAGING TYPE II

- Eat healthy—Eat foods that are low in fat, salt, and sugar. Eat a healthful diet in vegetables, fruits and whole grain.
- Be more active—Get regular exercise, at least 30minutes per day (walking, swimming, raking leaves, working in the garden, and chores as vacuum, and moping the floor).
- Take meds as prescribed—Follow your doctors direction. Know how much medicine to take and when to take it.

Have you been tested for Diabetes? Well check with your doctor on your next visit.

Proverbs 3:5 says, In all thy ways acknowledge Him and he shall direct thy paths.