

Diabetes

What is Diabetes?

Diabetes is a chronic medical condition where the body cannot create enough insulin or use it effectively.

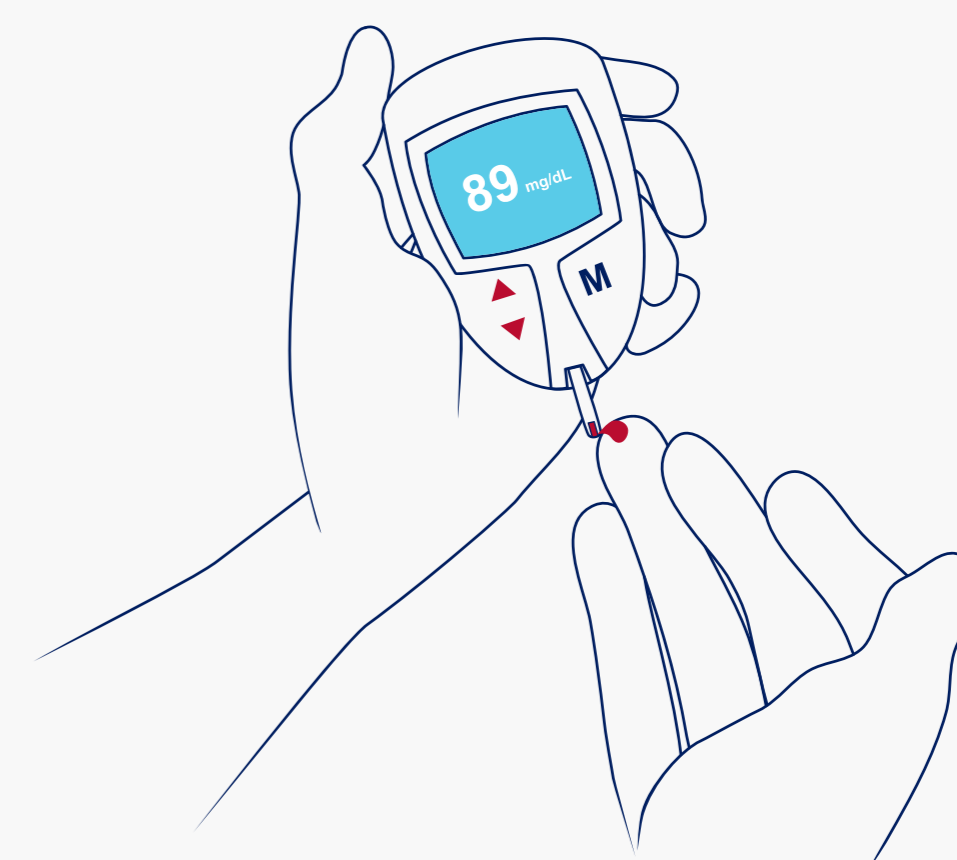
Insulin is a hormone produced by the pancreas, it regulates the blood sugar levels known as glucose.

Overall, the body cannot maintain normal blood sugar levels.

Types of diabetes:

Type 1 - Body's immune system attacks and destroys the cells that produce insulin.

Type 2 - Body doesn't produce enough insulin, or body's cells do not react to insulin.



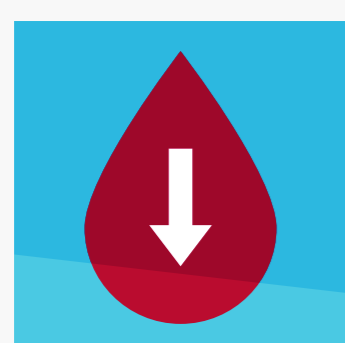
Treatment

Can be treated by diet alone or with anti-diabetes tablets and/or injectable insulin.

Types of diabetic emergencies

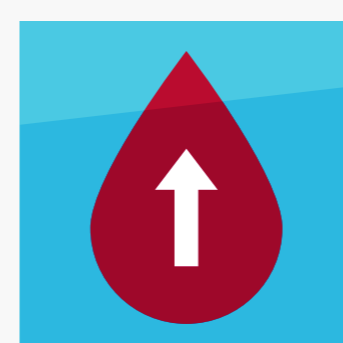
Normal fasting blood sugar levels are between 4-6 mmol/l. Fasting blood sugar levels outside of this range are abnormal and may lead to:

Hypoglycaemia



Blood sugar level gets too low. This is caused by missing a meal or too much insulin. Onset happens rapidly.

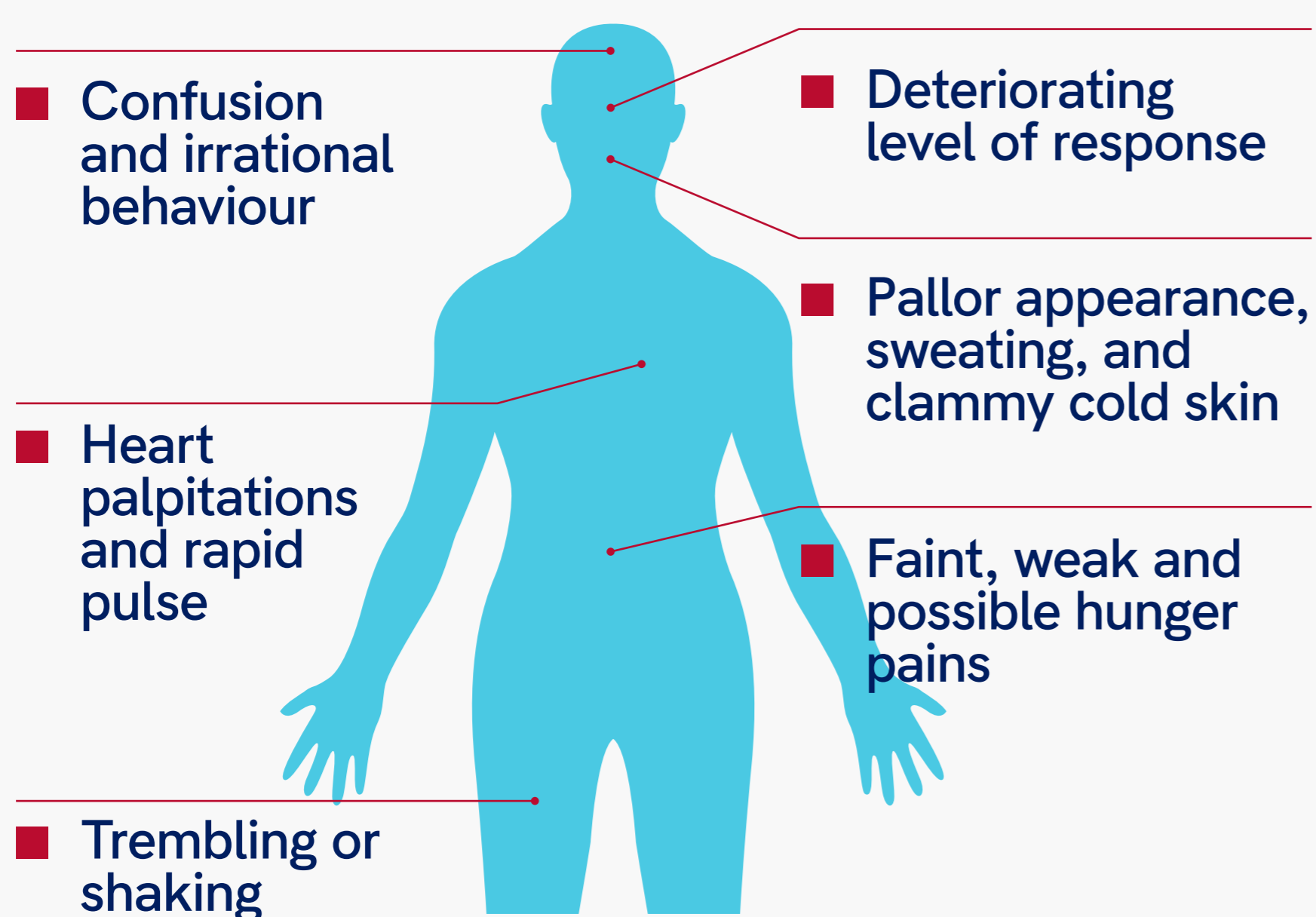
Hyperglycaemia



Blood sugar level gets too high because of an excess of starchy, sugary foods or too little insulin. Onset occurs gradually.

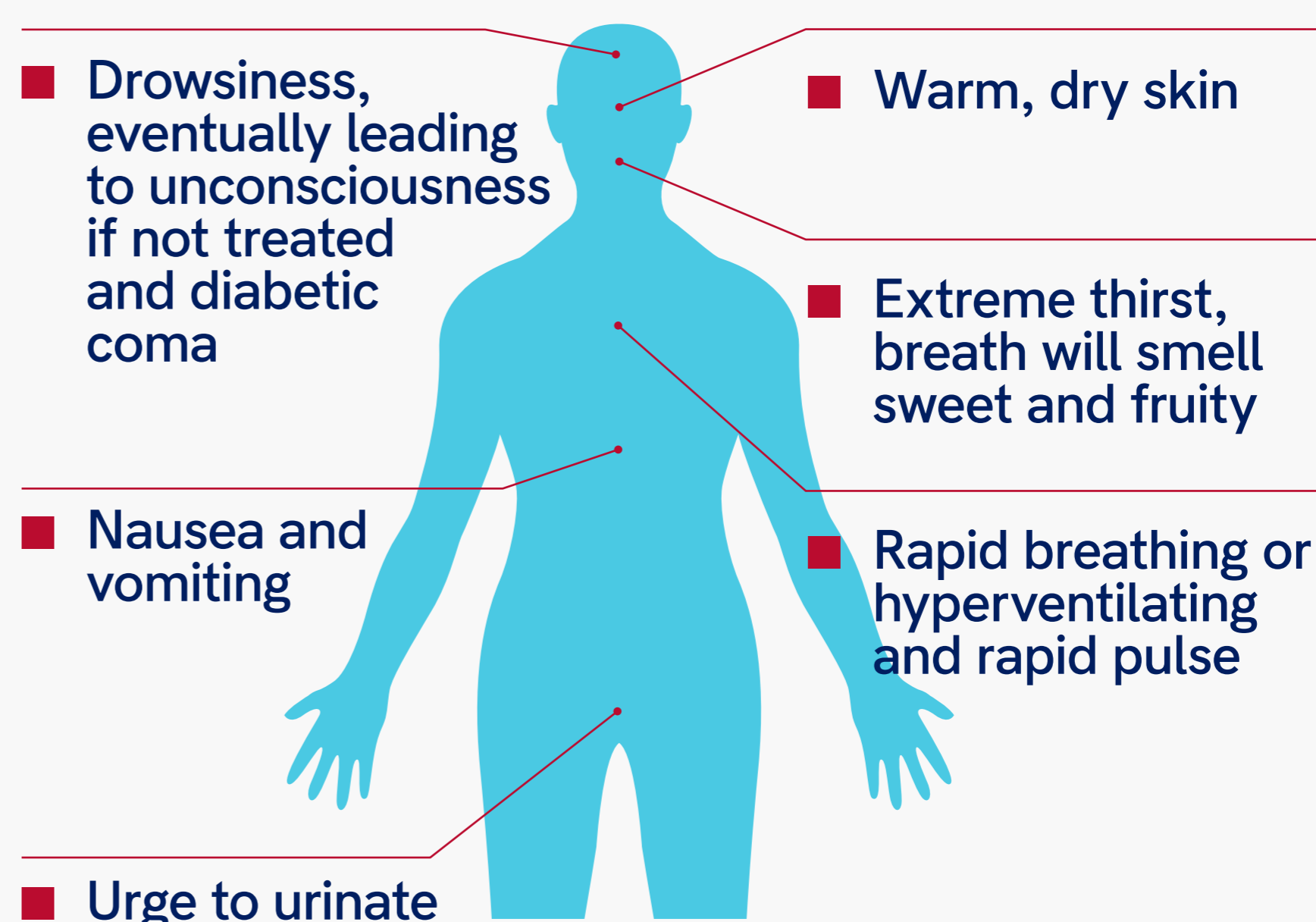
Signs and Symptoms

Hypoglycaemia



If urgent action is not taken, then the patient will fall unconscious and may suffer from a seizure.

Hyperglycaemia



It is rare for the patient to experience a diabetic coma as such extreme deterioration may take several days.

For treatment of diabetic emergencies see poster - Diabetic Emergencies - Action Plan