

DIABETES FACTS

ALTHOUGH WE HAVE ALL HEARD OF IT, AN ESTIMATED 850,000 PEOPLE IN THE UK ARE LIVING WITH UNDIAGNOSED DIABETES. THAT'S ON TOP OF THE 2.9 MILLION WHO ARE TREATED FOR THE CONDITION EACH YEAR.



DIABETES EFFECTS PEOPLE IN DIFFERENT WAYS, BUT THESE CONDITIONS ARE ALL RELATED TO HOW THE BODY PROCESSES GLUCOSE.

Glucose is the fuel that powers the brain and is produced when we eat carbohydrates. To help us absorb glucose, the pancreas makes insulin. Diabetes affects the production of insulin, too little, none at all or insulin that doesn't work properly.

DIABETES SYMPTOMS:

There are symptoms to look out for as the body reacts to the insulin failure and tries to get rid of the excess glucose:

- **Increased thirst**
- **passing urine** more often
- **extreme tiredness**
- **unexplained weight loss**
- **slow healing** of cuts and wounds
- **blurred vision**

THERE ARE 2 TYPES OF DIABETES:

Type 1 – the body produces no insulin
Type 2 – the body doesn't produce enough insulin or insulin that doesn't work. This type accounts for about 95% of those with diabetes.

Both are managed by healthy diets, regular exercise and in some cases insulin injections to help move the glucose around the body. Although sweets and sugary drinks don't give you diabetes, there are strong links between diets that contain a lot of sugar and the causes of obesity. High blood pressure and weight gain also increase the risk of diabetes.

Diabetes doesn't mean the end of alcohol, chocolate or favorite meals, but encourages people to live healthier, more active lives and monitor the intake of sugary or fatty foods - never a bad thing. In fact exercise and healthy eating can reduce the effects of diabetes by over 50%.

Find out more at www.diabetes.org.uk

