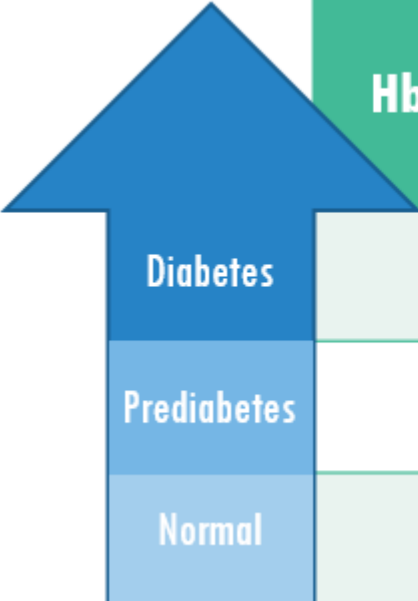


# DIABETES MELLITUS



# What is Diabetes?

- Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat.
- Diabetes is diagnosed when.....



	<b>HbA1c (percent)</b>	<b>Fasting Plasma Glucose (mg/dL)</b>	<b>Oral Glucose Tolerance Test (mg/dL)</b>
<b>Diabetes</b>	$\geq 6.5$	$\geq 126$	$\geq 200$
<b>Prediabetes</b>	5.7 – 6.4	100 - 125	140 – 199
<b>Normal</b>	$\sim 5.7$	$\leq 99$	$\leq 139$

# DID YOU KNOW THAT ?

- Diabetes is a long-term condition that causes high blood sugar levels.
- In 2019, it was estimated that 463 million people throughout the world had diabetes (International diabetes federation).
- Type 1 Diabetes - the body does not produce insulin. Approximately 10% of all diabetes cases are type 1.
- Type 2 Diabetes - the body does not produce enough insulin for proper function. Approximately 90% of all cases of diabetes worldwide are of this type.
- Gestational Diabetes - this type affects females during pregnancy.

# Risk Factors For Type 2 diabetes:



# You are more likely to develop type 2 diabetes if you...

- are [overweight](#) or [obese](#)
- are age 45 or older
- have a family history of diabetes
- are African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander
- have high blood pressure
- have a low level of [HDL](#) (“good”) [cholesterol](#), or a high level of [triglycerides](#)
- have a history of [gestational diabetes](#) or gave birth to a baby weighing 4KG or more
- are not physically active
- have a history of [heart disease](#) or [stroke](#)
- have [depression](#)
- have [polycystic ovary syndrome](#) , also called PCOS
- have [acanthosis nigricans](#)—dark, thick, and velvety skin around



# How do I prevent diabetes:



- It is important to live a healthy lifestyle to prevent diabetes,
- Lose weight: If you are overweight or obese, it is important to lose weight
- Exercise regularly, this is very helpful as it keeps blood sugar on check.
- Eat healthy: it is very important to eat healthy and avoid high calories, also eat more fruits and vegetables
- Have your blood sugar checked from time to time to ensure that if your blood sugar becomes elevated, this is easily detected and dealt with.

# Complications of Diabetes

## Classification & Staging

Stage	Clinical Condition	Stage	Clinical Condition
1.	 Fig. 7.9: Normal	4.	 Fig. 7.12: Cellulitic
2.	 Fig. 7.10: High-risk	5.	 Fig. 7.13: Necrotic
3.	 Fig. 7.11: Ulcerated	6.	 Fig. 7.14: Major amputation

- Uncontrolled or poorly managed diabetes can lead to the following complications
- Poor wound healing
- Hypertension
- Heart problems
- Diabetes foot syndrome
- Hearing loss
- Kidney diseases
- Eye complications
- Stroke
- Erectile dysfunction
- Gum diseases
- ETC

November is

