Body’s cells cannot use food for energy.

Causes high blood glucose (sugar).

A hormone called insulin is either lacking or it cannot be used properly to control blood glucose.

There are three major types:

- Type 1
- Type 2
- Gestational
Type 1 Diabetes

- Diagnosed most often in children and young adults
- Requires insulin
- Managed with healthy eating that controls carbohydrate
- Exercise to reduce risk for heart attack and stroke.

Symptoms of Type 1

- Sudden weight loss
- Extreme hunger and thirst
- Frequent urination
- Nausea and vomiting
- Lack of energy
- Ketosis leading to coma and even death if untreated.

Gestational Diabetes:

Only occurs during pregnancy and usually disappears once the baby is born.

Increases risk for Type 2 diabetes later if do not control weight and get regular physical activity.

Treated with carbohydrate controlled meal plan and moderate physical activity.

If diabetes medicine needed, usually is insulin.

Type 2 Diabetes

90% of diabetes cases

Typically in older adults but can occur at any age.

Characterized by insulin resistance - inability to use insulin properly.

Symptoms may just be feeling tired, but can be like Type 1.

Treatment - healthy meal plan for weight control, regular physical activity, medicine if needed. Medicine may be pills, insulin or other injectables.