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## Diabetes: What Is It?

**A disease that affects how the body uses energy.**

*Learning for Life*

**The University of Georgia Cooperative Extension**

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**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



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## ***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.***



## **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.**

## **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.**

**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.**

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