

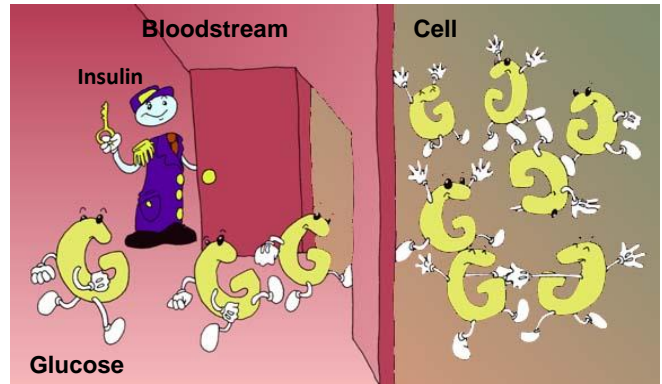


What is Diabetes?

What is diabetes?

Under normal conditions, your body turns the food you eat into glucose, and the glucose is then used as energy. Insulin is a hormone made by the pancreas. It helps glucose to get into cell to be turned into energy.

Diabetes develops when the body is unable to produce insulin and/or unable to properly use and store glucose. Glucose builds up in the bloodstream — causing one's blood glucose (sometimes called as blood sugar) to rise too high.



What causes diabetes?

Diabetes is a condition caused by many factors. Some common factors are family history, being overweight, having had gestational diabetes and medications.

What are the symptoms of diabetes?

There are usually no symptoms during the early stages of diabetes. It is usually discovered through routine blood tests. If left untreated, you may have frequent urination, thirst, hunger, fatigue, unexplained weight loss or wounds that heal very slowly. Because the symptoms are so non-specific, one will need to take proactive steps to prevent it. Find out if you are at risk, get routine check ups and get early treatment if you find out you have diabetes.

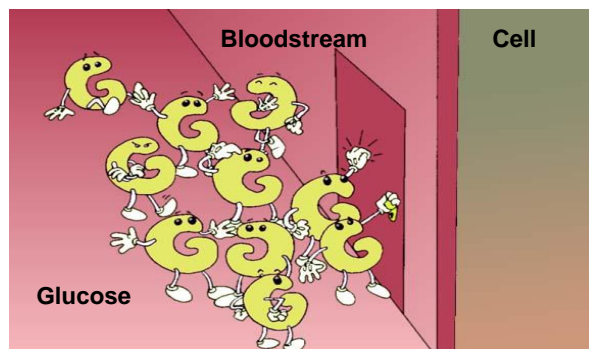
What is Diabetes? – continued

Types of diabetes

There are two main types of diabetes – type 1 and type 2.

Type 1 Diabetes

In type 1 (formerly called juvenile-onset or insulin-dependent) diabetes, the body completely stops making any insulin, a hormone that helps the body to use glucose found in foods for energy. People with type 1 diabetes must take daily insulin injections to survive. This form of diabetes usually develops in children or young adults, but can occur at any age. It is also more common in Northern American and European countries. People of Asian descent have lower rates of type 1 diabetes compared with Caucasians.



Type 2 Diabetes

Type 2 (formerly called adult-onset or non-insulin-dependent) diabetes results when the body does not make enough insulin and/or is unable to use insulin properly (insulin resistance). This is the most common form of diabetes. It usually occurs in people who are over 40, overweight, and have a family history of diabetes, although today it is increasingly occurring in younger people, particularly adolescents. Native Americans, African Americans, Latinos, Asian Americans, Native Hawaiians and Pacific Islanders are at higher risk of developing type 2 diabetes. Up to 95% of the diabetes found in those of Asian descent is type 2 diabetes. These people can often control their diabetes by making lifestyle changes at early stages. As the disease progresses, patients may need to take oral medications and/or insulin injections to further help them manage their blood glucose.

