

WHAT ABOUT DIABETES?

Diabetes: Type 1 vs. Type 2

Diabetes is on the climb — but there is a difference between Type 1 and Type 2. Do you know it?

Type 1 Diabetes	Why	Type 2 Diabetes
Your body is no longer able to produce insulin		Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently
Usually develops during childhood, but can develop at any age	Age	Can develop at any age but is most common in adults over 45
Family history	Risk Factor	- Overweight and/or inactive - Family history - High blood pressure
- Bedwetting - Blurry vision - Frequent urination - Increased appetite and thirst - Mood changes and irritability - Tiredness and weakness - Unexplained weight loss	Symptoms	- Increased appetite and thirst - Dark patches on armpits/neck - Frequent urination - Blurry vision - Tiredness and weakness - Unexplained weight loss
No known prevention methods	Prevention	Healthy lifestyle
Insulin injections	Treatment	Healthy living, possible insulin support

AM I AT RISK ?

8 Risk Factors of Diabetes

- Age above 40
- Inactive Lifestyle
- High Blood Pressure
- Gestational Diabetes
- Impaired Glucose Tolerance
- Abnormal Blood Lipid Levels
- BMI above 23kg/m²
- Family History

What are Signs of an Emergency?

HYPOGLYCEMIA SYMPTOMS	HYPERGLYCEMIA SYMPTOMS
SWEATING	DRY MOUTH
PALLOR	INCREASED THIRST
IRRITABILITY	WEAKNESS
HUNGER	HEADACHE
LACK OF COORDINATION	BLURRED VISION
SLEEPINESS	FREQUENT URINATION

How Do I Manage?

5 STEPS TO MANAGING DIABETES

- Meet Your Doctor Regularly
- Monitor Your Blood Sugar Levels
- Take Your Medications on Time
- Do Regular Exercise
- Manage Your Diet

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