

What is Diabetes ?

Diabetes mellitus is a chronic condition in which there are high levels of sugar (Glucose) in your blood. Glucose comes from the food that you eat and is broken down in the body to be used as an energy source. Insulin which is a hormone produced by beta cells in the pancreas, acts by transferring glucose from blood to your cells.



What happens when you have Diabetes?

- Your pancreas makes little or no insulin, or
- Your body prevents the insulin from working right (Insulin resistance).

As a result, sugar can't get into your cells. So it stays in your blood. That's why your blood sugar gets too high a condition called hyperglycemia.

What is Prediabetes?

It is an asymptomatic condition in which the blood glucose levels are higher than normal but not yet high enough to be diagnosed as Type 2 diabetes.

If you are prediabetic, you can delay the development of Type 2 diabetes by improving your health, increasing your physical activity and maintaining a healthy weight.



What are the symptoms of Diabetes?

- Frequent urination
- Excessive thirst
- Increased hunger
- Unexplained weight loss
- Frequent infections
- Lack of interest and concentration
- Fatigue
- Blurred vision
- Poor wound healing

What are the main types of Diabetes?

Type1 Diabetes Mellitus :

It affects most commonly children, teenagers and young adults. In this type, the body makes little or no insulin due to the destruction of insulin-producing cells (beta cells) in the pancreas.



Type2 Diabetes Mellitus :

It is the most common form of diabetes in which your cells do not respond correctly to insulin, a case known as insulin resistance and your body may make some insulin but not enough. It is often, but not always, associated with obesity.



Gestational Diabetes Mellitus (GDM):

It is a form of diabetes in which high blood glucose levels develops at any time during pregnancy. GDM usually disappears after pregnancy but women with GDM are at an increased risk of developing Type 2 Diabetes later in life.



What are the long term complications of Diabetes?

Long-term complications of diabetes develop gradually

Cardiovascular diseases:

Diabetes dramatically increases the risk of various cardiovascular problems, including coronary artery disease, heart attack, and stroke and narrowing of arteries (atherosclerosis).



Kidney diseases (diabetic nephropathy):

Diabetes is a leading cause of kidney failure or irreversible end-stage renal disease that requires dialysis or kidney transplant.



Nerve diseases (diabetic neuropathy):

Diabetes may cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward.



Loss of feeling also is a particular risk because it can allow foot injuries to escape notice and treatment, leading to major infections and amputation.

Eye diseases (diabetic retinopathy):

Diabetes can damage the blood vessels of the retina, potentially leading to blindness.



How is diabetes managed?

- Monitoring blood glucose
- Healthy food
- Weight control
- Physical Activity
- Oral medication or insulin
- Avoid tobacco
- Monitoring for complications :

This includes regular foot and eye checks, controlling blood pressure and blood glucose and assessing risks for cardiovascular and kidney diseases.



GULF PHARMACEUTICAL INDUSTRIES
United Arab Emirates, P.O. Box 997, Ras Al Khaimah
Tel.: (971-7) 2461461, Fax: (971-7) 2462462 www.julphar.net



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