

DIABETES



Diabetes

- 14 million people in the US
- Dramatic rise in the last 10 years

Types of Diabetes

- **IDDM:Insulin Dependant Diabetes Mellitus**
 - Most often-children and young adults
 - 11,000-12,000 each year
- **NIDDM:Non-insulin Dependant Diabetes Mellitus**
 - 90-95% of cases
- **Gestational Diabetes**

Hyperglycemia

- Frequent urination
- Increased thirst
- Increased hunger
- Unexplained weight loss
- Extreme tiredness

Hypoglycemia

- Inappropriate responses
- Confusion/Inattention
- Drowsiness/Trembling
- Pale complexion
- Perspiration
- Headache
- Crankiness/Dizziness
- Lack of Coordination

Day to Day Requirements:

- Insulin
- Diet
- Exercise
- Blood sugar testing