

CONTROLLING DIABETES



DIABETES

Diabetes is a chronic disease that appears when the body has difficulties producing and using insulin. Insulin is a hormone produced by the pancreas, which turns food sugar (glucose) into the energy we need to live and carry out our daily activities.

TYPES OF DIABETES

Diabetes Type 1

It occurs when the pancreas produces little or no insulin. Generally, people afflicted with this kind of diabetes require insulin to survive. It usually occurs in people under 30 years old.

Diabetes Type 2

This is the most common type of diabetes. The pancreas produces insulin, but it is not enough to satisfy your body's needs. It may be controlled through diet, exercise, oral medications, or insulin. It usually occurs in people over 40 years old.

Gestational Diabetes

This is the type of diabetes that develops during pregnancy. In most cases, it resolves itself after delivery. The doctor should examine the glucose levels during the first and third trimesters.

SYMPTOMS OF DIABETES

- Frequent urination
- Dry and itchy skin
- Blurry vision
- Sudden weight loss
- Fatigue
- Frequent thirst
- Numbness or tingling sensation in hands and feet
- Infections
- Sexual problems
- Loss of sensibility in hands and feet
- Loss of appetite

HOW TO CONTROL IT

There is no cure for diabetes Type 1 and 2; it can only be controlled. Diabetic patients must learn about their condition and what to do to keep it under control and avoid complications.

Treatment consists of education, diet, exercise, medication, and monitoring blood sugar levels on a daily basis.

Education

This is the most important way to learn about this condition and how to take care of yourself to feel better. Good care reduces the risk of complications.

Exercise

Choose a physical activity you enjoy, such as walking, dancing or running, and do it at least three times a week, for 15 to 20 minutes. Before starting any physical activity, remember to consult it with your doctor.

Medications

Taking your medications as prescribed will help you stay in control and avoid difficulties, such as problems with your eyesight, your kidneys, or your legs. Medication prescriptions are different for every individual, so you should never take someone else's medication, even if you both suffer from the same condition.

Diet

You must plan your meals. Foods must be low in sugar and fat. When planning your meals, you must choose healthy foods, consume adequate serving sizes, and eat at the right time. It is also important to be seen by a nutritionist.

ASK YOUR DOCTOR TO:

- Check your feet on every visit
- Refer you to an annual vision exam
- Run a glycated hemoglobin test

For more information, please call the Preventive Management Department at **787-277-6571**.

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