Session 8 – Everything There Is To Know About Diabetes



I. Objectives

- Learn the differences between type 1 and type 2 diabetes
- Learn the symptoms of type 1 and type 2 diabetes
- Understand causes, signs and complications of diabetes
- Understand preventable measures for diabetes.

II. Introduction

The Centers for Disease Control defines diabetes as, "a group of diseases with high levels of blood sugars, resulting from defects in insulin production, insulin action or both."

Diabetes is a dangerous disease that can damage many body organs and can lead to premature death.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

Why does diabetes develop?

Diabetes is a disease of the pancreas. The pancreas is a body organ that looks like a fish and hides right behind the stomach. The pancreas produces and releases digestive juices into the stomach so that they can break down meat and fatty food. Another hormone produced by the pancreas is insulin. Insulin is a protein that grabs sugar in the blood and drags it in to the cell so it can be used as energy just like gasoline is to a car. Sugar gives the muscles and brain energy to work. When the pancreas is overworked from eating (or drinking) too much sugar, fatty food and weight gain, it gets tired and stops making insulin. When the pancreas stops making insulin, sugar levels rise in the blood and begin to damage other body organs.

Types of Diabetes

Type 1 Diabetes occurs when the body's own guard cells act strange and attack the pancreas. Guard cells or antibodies protect humans from infections and cancers but in diabetes, the guard cells get confused and believe that its own pancreas is the enemy. Type 1 diabetes usually occurs in the children and young adults although it may occur at any age and accounts for 5 percent to 10 percent of all causes of diabetes. People with type 1 diabetes must have daily insulin injections to survive.

Type 2 Diabetes usually starts with obesity. Obesity makes the cell wall thick and insulin has a difficult time dragging blood sugar across a thick cell wall. The thick wall will make the pancreas work harder because the circulating insulin is not enough to drag the sugar inside the cell. So the pancreas needs to make more insulin to do its work. This state is also called insulin resistance. Traditionally, type 2 diabetes has been an adult disease but recently more children are being diagnosed with type 2 diabetes because of the increased obesity among children. People with type 2 diabetes can be treated with diet, exercise, medicines, and insulin.

Signs/Symptoms of Diabetes

Some of the more common signs of diabetes are:

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- Frequent urination
- Blurred vision
- Thirst
- Unexplained weight loss
- Frequent hunger
- Fatigue
- Slow healing cuts and wounds
- Tingling and numbness of the hands or feet
- Yeast/fungal infections

Signs and symptoms are the body's warning system alerting you there is something wrong. Having a symptom does not necessarily mean that diabetes has developed. For example, having a blurry vision may simply mean that glasses are needed. In some cases diabetes may develop without any signs present.

Complications of Diabetes

Developing diabetes can lead to very serious complications. Diabetes can damage nerves and blood vessels throughout the body. Some of the complications associated with diabetes are heart attacks and strokes.

According to the American Diabetes Association, "Heart disease and stroke account for about 65 percent of deaths in people with diabetes." Following are some of the most common complications of diabetes:



- High blood pressure
- Blindness
- Kidney failure
- Amputations
- Nerve damage

Diabetes is a dangerous and life-threatening disease if left uncontrolled. However, working with your doctor and health care team can reduce the risk of developing complications by controlling blood glucose levels, blood pressure and blood lipids.

Trainer: Are there any questions?

Goal Setting: What ar0e some ways you can prevent diabetes? If the client already has diabetes, the trainer can then ask, what are some ways you can manage diabetes?

V. Activity

Because obesity is the number one cause of pancreatic exhaustion, for this week you will weigh yourself every day. The goal is that at the end of the week you should have lost at least 1 pound following the lessons you have learned from the ***BieneStar Adult Healthy Lifestyle Program.***

Weekly Log: Weight

	Weight
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

