

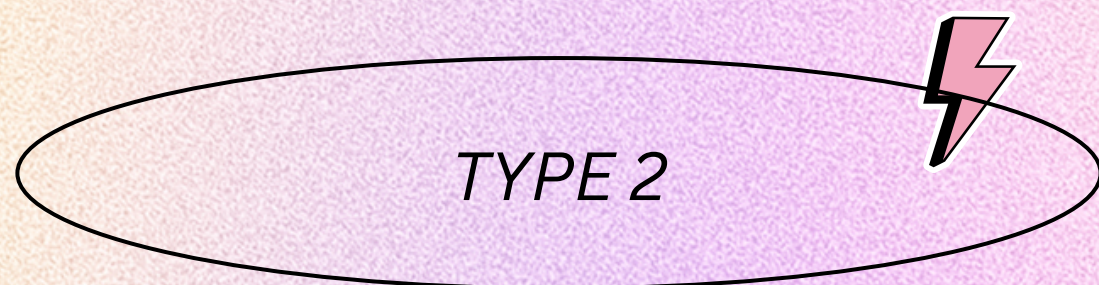
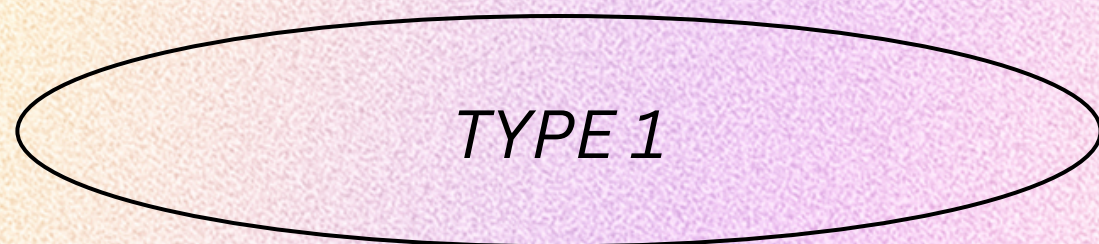
DIA BETES BY KC
HEALTH · HAPPINESS · FUN

A simple guide to Diabetes

YOU'VE GOT THIS!



There are two types



Type 1:

- Cause: It's an autoimmune condition where the immune system mistakenly attacks and destroys insulin-producing cells in the pancreas. This results in little or no insulin production.
- Onset: Often develops in childhood or adolescence, but can occur at any age.
- Insulin Requirement: People with Type 1 diabetes require insulin injections or an insulin pump to manage their blood sugar levels.
- Lifestyle Factors: While genetics might play a role, there's no direct link to lifestyle factors like diet or exercise causing Type 1 diabetes.

Type 2:

- Cause: It's primarily caused by insulin resistance, where cells don't respond effectively to insulin. Over time, the pancreas might produce less insulin as well.
- Onset: Typically develops in adulthood, but due to lifestyle factors, it's becoming more common in younger individuals.
- Insulin Requirement: Treatment can involve lifestyle changes, oral medications, and sometimes insulin injections. Not everyone with Type 2 diabetes needs insulin.
- Lifestyle Factors: Obesity, sedentary lifestyle, poor diet, and genetics can contribute to developing Type 2 diabetes.

**Do you know
which one you
have?**

Suggestions

- See if you have any of the typical symptoms
- Go see your doctor and ask for a blood test for glucose
- Start making small and healthier changes to your diet and lifestyle eg: adding in exercise, eating more fresh organic foods
- Ask your doctor about these lifestyle changes when you go and get your bloods taken so you can start making approved changes while waiting for your results

Follow me for more tips

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