

What is diabetes?



Alavi

21st Century Schools





What do these people have in common?

Chris Pennell



Lucy Davis

Este Haim



Steve Redgrave

Nick Jonas



Amelia Lily

**THEY ALL HAVE DIABETES
AND IT HASN'T STOPPED THEM
BEING SUCCESSFUL!**

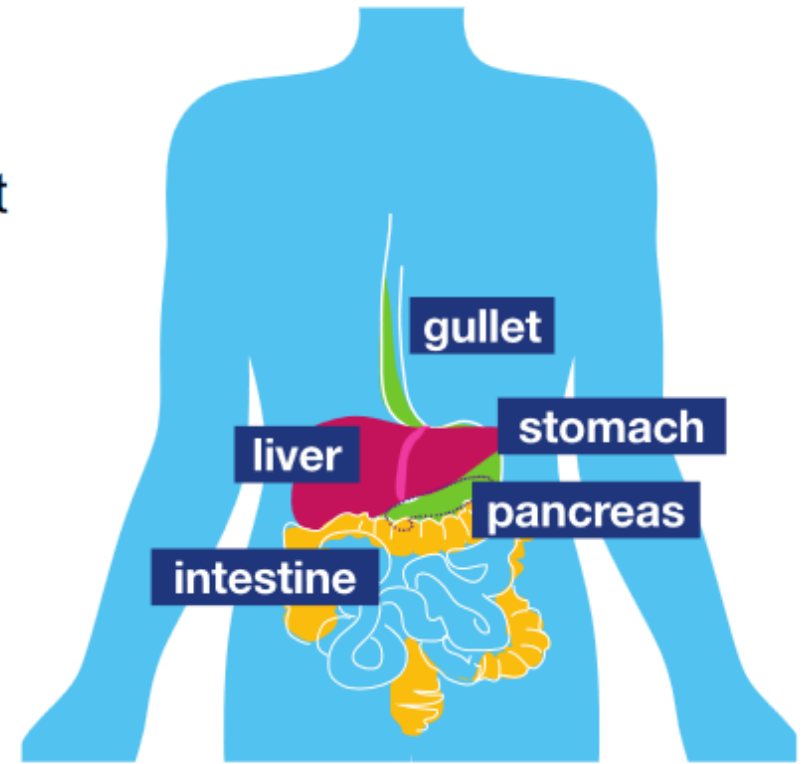


What is diabetes?

Diabetes is where the amount of glucose (sugar) in the blood is too high because the body cannot use it properly.

This happens when:

- The pancreas does not make any or enough insulin.
- The insulin does not work properly.
- Or sometimes it can be a combination of both.



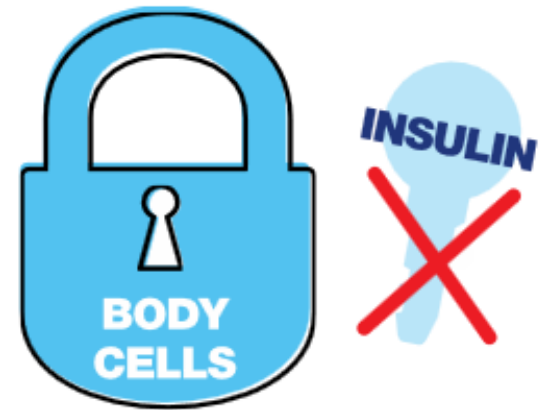
Type

1

There are two main types of diabetes

TYPE 1

- The body is unable to produce any insulin.
- Has to be treated with insulin.
- Most children with diabetes have Type 1.
- You cannot prevent it.
- It develops rapidly.



Type 2

TYPE 2

Develops when the body still makes some insulin, or when the insulin that is produced does not work properly.

Risk factors for Type 2 include:

- Family history.
- Age.
- Overweight.
- Waist circumference.
- Very few children have Type 2.



Signs or symptoms of Type 1 diabetes

- Toilet.
- Thirsty.
- Tired.
- Thinner.





What should they do?

Should
or
shouldn't

Taking insulin

By injection:

- With each meal.



By pump:

- Continuous infusion of insulin.
- Extra insulin with food/when blood glucose level is high.



Food

- They **should** have healthy diet.
- They **should** eat at certain times!
- They **should** have some snacks before and after some activities.

Sport

- They **should** take a sport and exercise everyday.
- They **should** take some extra snacks.

Painting
time!





Thank you!