

The Health Letter

Diabetes

November is National Diabetes month.

World Diabetes Day is Monday, November 14th Week

For a MONTH each year the importance of supporting those within our families communities and work places who may be living with diabetes is highlighted. Globally there is one day set aside where we can show our support for those living with Diabetes by wearing BLUE.

This month we are being asked to learn more about this disease, become more compassionate and understanding to help lesson the burden and reduce blame.

So, what is Diabetes? Diabetes is a disease that occurs when your blood sugar (also called glucose), is too high.

There are two types of Diabetes Type 1 and Type 2.

TYPE 1 The pancreas is the organ in the body that makes insulin.

Insulin is the hormone that helps sugar/glucose to be used as energy in the body.

Without insulin, sugar cannot be used to feed the cells in the body.

The sugar then remains in the blood, leading to high blood sugar levels.

Diabetes occurs when the pancreas stops working, usually due to the immune system attacking it for unknown reasons.

Insulin then needs to be injected to help regulate blood sugar.

This can happen at any age and to anyone.

TYPE 1 Diabetes cannot be prevented.

TYPE 2 Diabetes happens when the body gradually loses the capacity to create enough insulin to break down the glucose in the blood and /or becomes resistant to the insulin produced by the pancreas.

This type can be sometimes managed through diet, exercise and weight reduction.

It is a progressive disease, which will need to be managed with lifestyle changes, oral medication and sometime insulin injections.

Lets support each other on our health journeys.