

DIABETES



“Diabetes is like a roller coaster.

It has its ups and downs, but it’s your choice to scream or enjoy the ride”

Goals in Diabetes (ADA Guidelines):

- Fasting Blood Sugar (FBS): < 130 mg/dL
- Post-Prandial Blood Sugar (PPBS): < 180 mg/dL
- HbA1c: < 7%

What is Diabetes & Pre-Diabetes?

Diabetes is a condition where **blood sugar levels are higher than normal**, causing long-term damage to:

- Kidneys
- Eyes
- Heart
- Nerves
- Blood vessels

Symptoms of Diabetes:

- Some patients have **no symptoms**, and may be diagnosed during routine check-ups.
- Common symptoms:
- Frequent urination
- Excessive thirst
- Increased or decreased appetite
- Weight loss
- Fatigue, weakness, lethargy
- Burning sensation in feet
- Body aches
- Repeated infections
- Slow healing of wounds

BEAT DIABETES TOGETHER

Causes & Risk Factors of Type 2 Diabetes:

- Family history of diabetes
- Asian Indian ethnicity
- Overweight or obesity (BMI > 23 kg/m²)
- Sedentary lifestyle
- History of gestational diabetes / PCOS
- Metabolic syndrome
- Presence of prediabetes



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Complications of Diabetes:

Acute (Immediate):

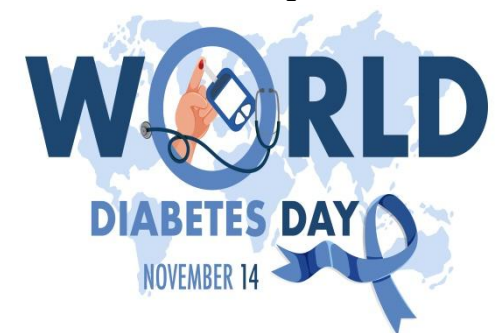
- Infections
- Diabetic Ketoacidosis (DKA)
- Severe dehydration
- Coma

Chronic (Long-Term):

- Kidney disease (Nephropathy)
- Eye diseases (Retinopathy)
- Nerve damage (Neuropathy)
- Heart disease & stroke
- Diabetic foot problems & gangrene

Prevention of Diabetes:

- Maintain a healthy weight
- Exercise regularly
- Eat a balanced diet
- Reduce stress
- Control blood pressure & cholesterol
- Take medications as prescribed



Types of Diabetes:

Type 1 Diabetes:

- Diagnosis:** Usually in children or young adults
- Cause:** Body's immune system destroys insulin-producing beta cells
- Treatment:** Requires lifelong **insulin injections** or **insulin pump**
- Prevention:** Cannot be prevented
- Reversal:** Not possible

Type 2 Diabetes:

- Diagnosis:** Mostly after age 40 (but now seen in younger adults too)
- Cause:** Body becomes resistant to insulin; pancreas cannot produce enough
- Treatment:**
 - Initially tablets and lifestyle changes
 - Later insulin may be needed
- Prevention:** Yes, with healthy lifestyle
- Reversal:** Possible in some patients through weight loss & diet control

Other Forms of Diabetes:

- Prediabetes** – early stage of type 2 diabetes
- Gestational Diabetes** – occurs during pregnancy
- LADA** – slow-progressing adult type 1 diabetes
- MODY** – rare, due to specific genetic mutations

Key Steps to Control Diabetes:

- Take medications as prescribed
- Reach and maintain a healthy weight
- Include physical activity daily
- Control A1C, blood pressure & cholesterol
- Stop smoking

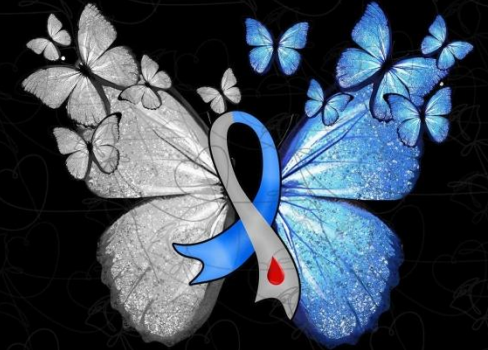
Role of Exercise in Diabetes:

- Physical activity is **essential** in diabetes management.
- At least **30 minutes of walking daily**
- Avoid sitting for more than **90 minutes** at a stretch
- Exercise helps:
 - Improve insulin sensitivity
 - Reduce blood sugar
 - Lower blood pressure
 - Improve cholesterol
- Reduce risk of heart disease & stroke



DIABETES

IS A JOURNEY I NEVER PLANNED OR ASKED FOR



BUT I CHOSE TO LOVE LIFE
HATE THE DISEASE AND FIGHT



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