A metabolic disease associated with elevated levels of glucose in blood; due to inadequate production of insulin hormone or inadequate sensitivity of cells to insulin action.

**MAIN TYPES OF DIABETES**
- **Type 1 Diabetes**
  - Body does not produce insulin
- **Type 2 Diabetes**
  - Unable to use insulin
- **Gestational Diabetes**
  - Not able to use or meet all the insulin needs of pregnancy

**SYMPTOMS OF DIABETES**
- **No Specific Symptoms In General**
- **HYPOGLYCEMIA**
  - Blood glucose level becomes too low
  - Excessive sweat
  - Fast or irregular heart beat
  - Hungry
  - Blurred vision
  - Headache
  - Dryness or tingling lips
  - Seizures or convulsions (jerky movements)
  - Unconsciousness
- **HYPERGLYCEMIA**
  - Blood glucose level becomes too high
  - Feeling thirsty
  - Feeling tired or weak
  - Headaches
  - Urinating often
  - Blurred vision

**GOALS OF MNT**
- Normal or as near normal glucose, lipids & blood pressure
- Prevent or slow down complications
- Address individual nutrition needs
- Maintain pleasure of eating with limited food choices

**DIET**
- Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt.

**MEDICINE**
- Work up to 30 minutes or more of physical activity on most days of the week.

**EXERCISE**
- Take medicines for diabetes even when you feel good or have reached your optimum blood glucose.

**RISK FACTORS**
- Improper Diet
- Family History
- Obesity
- Physical Inactivity
- Tobacco use
- GDM History
- Birth Weight

**TRACK FBS**
- **< 100mg/dl**: Healthy range
- **100-125 mg/dl**: Pre Diabetes
- **>126 mg/dl**: Diabetes Mellitus

**TIPS FOR SUCCESS**
- EAT SMART
- "Healthy Life style & Right Dietary Modifications helps to prevent DIABETES"

**MOVE MORE**

**DONT SMOKE**

**SHARE**

**REFERENCES**
- https://www.medicalnewstoday.com/articles/323627
WHAT IS DIABETES?

* Blood glucose is the main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas helps glucose from food get into your cells to be used for energy. When body does not make enough or any insulin or does not use well, glucose stays in blood and too much glucose in blood is known as diabetes.

**DIABETES**

**DIABETES IS ON THE RISE**

- 3.7 MILLION deaths due to diabetes and high blood glucose
- 1.5 MILLION deaths caused by diabetes

**422 MILLION** adults have diabetes

THAT’S 1 PERSON IN 11

Comorbidities associated with Diabetes

- Heart disease
- Stroke
- Kidney disease
- Ophthalmic problems
- Dental disease
- Nerve damage
- Foot problems

**Diabetes**

- Type 1 Diabetes
  - Body does not produce insulin
- Type 2 Diabetes
  - Unable to use insulin
- Gestational Diabetes
  - Not able to use or meet all the insulin needs of pregnancy

**Diabetes is a national threat**

- 7.3% or 69.2 million of India’s adult population has diabetes
- 10.3% people in India have pre-diabetes
- 47.3% people with diabetes are undiagnosed

**WHAT CAUSES DIABETES?**

**TYPE 1:** Auto Immune Response
- Idiopathic

**TYPE 2:** Improper Life style
- Genetics
- Obesity
- Insulin resistance
- Hormonal imbalance
- Medicines

**CHRONIC COMPLICATION OF DIABETES**

**DIABETIC EYE DISEASE**

In most countries diabetic continues to be the leading cause of blindness in the working age population

**DIABETES ORAL HEALTH**

Diabetes and poor oral health negatively affect each other in two way relationship

**DIABETES-RELATED COMPLICATION OF PREGNANCY**

An estimated 15.8(20.4 millions) of live births were affected by hyperglycemia in pregnancy in 2019

**DIABETES AND CARDIOVASCULAR DISEASES**

Cardiovascular diseases account for, from one - third half of all, diabetes-related deaths

**DIABETIC KIDNEY DISEASE**

Diabetes hypertension (high blood pressure) of combination of both, cause 80% of end stage kidney disease globally

**NERVE AND / OR VASCULAR DAMAGE AND DIABETIC FOOT COMPLICATION**

Diabetic foot and lower limb complications affect between 40 and 60 million people with diabetes globally

**GLUCOSE TESTING AND INTERPRETATION**

<table>
<thead>
<tr>
<th>Normal</th>
<th>Pre Diabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPG &lt;100 mg/dl</td>
<td>IFG &gt; 100 -125 mg/dl</td>
<td>FPG &gt; 126 mg/dl</td>
</tr>
<tr>
<td>2 hour PG &lt;140 mg/dl</td>
<td>1 GT 2 Hour PPG &gt; 140-199 mg/dl</td>
<td>2 hour PPG &gt; 200 mg/dl</td>
</tr>
<tr>
<td>Random PPG &gt; 200 mg/dl</td>
<td>HbA1C &lt;5.5%</td>
<td>5.5% TO 6.4%</td>
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<tr>
<td>&gt; 6.5%</td>
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Compiled & Contributed by Indian Dietetic Association (IDA), Kerala Chapter
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Issued in Public Interest by:

INDIAN DIETETIC ASSOCIATION (IDA)