



**P.K.M COLLEGE OF EDUCATION,
MADAMPAM**

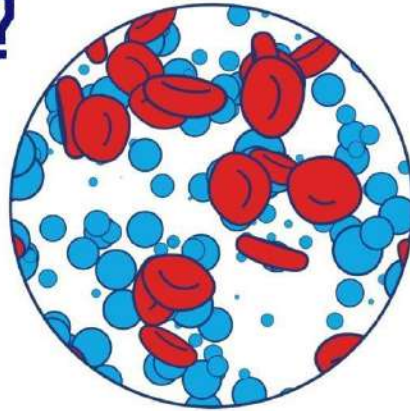
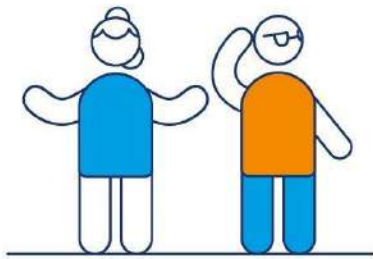
**ACCREDITED BY NAAC WITH A GRADE
(SECOND CYCLE 4 POINT SCALE)
RUSA 2.0 BENEFICIARY UGC 2(F)2(B) CATEGORY**



DIACON

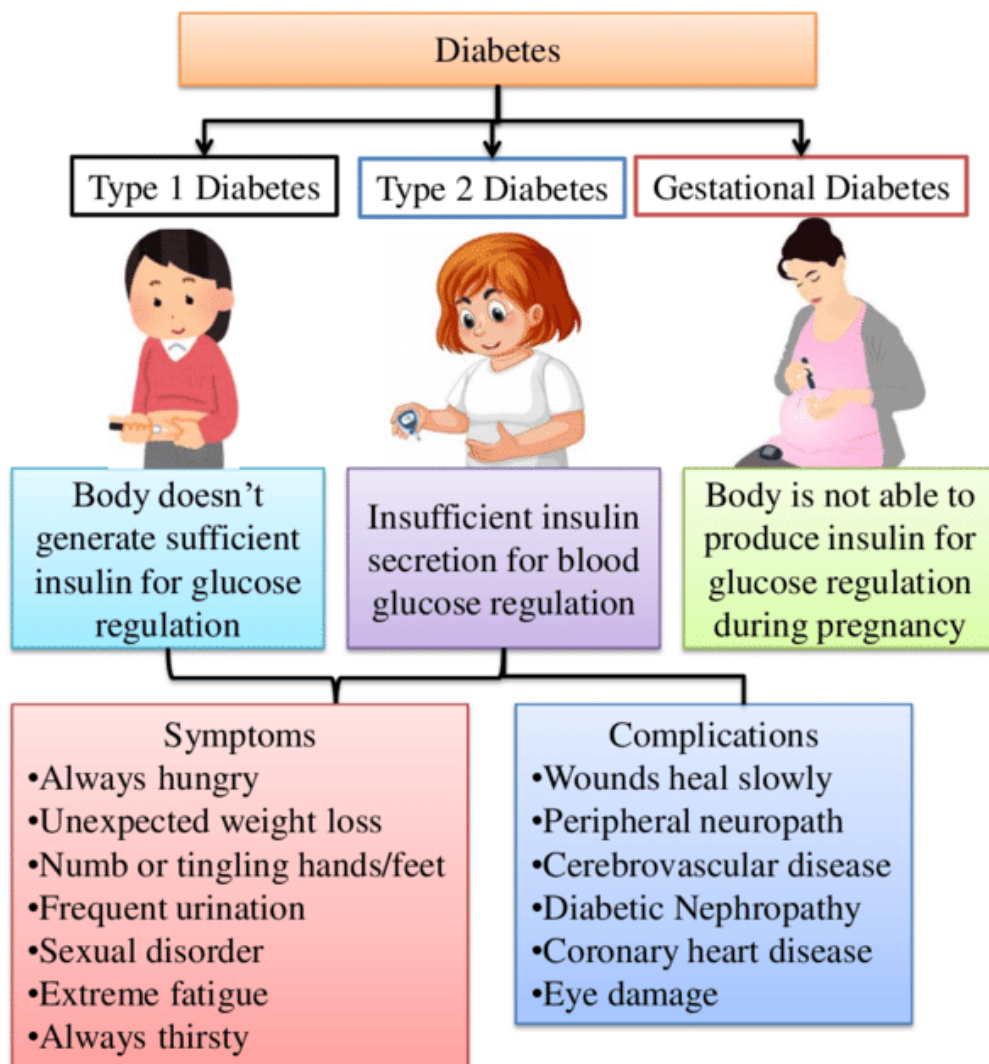
**DIABETES AWARENESS
Natural Science**

WHAT IS DIABETES?



- **Diabetes is a chronic (life long) disease marked by high levels of sugar in the blood.**
- **Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced.**

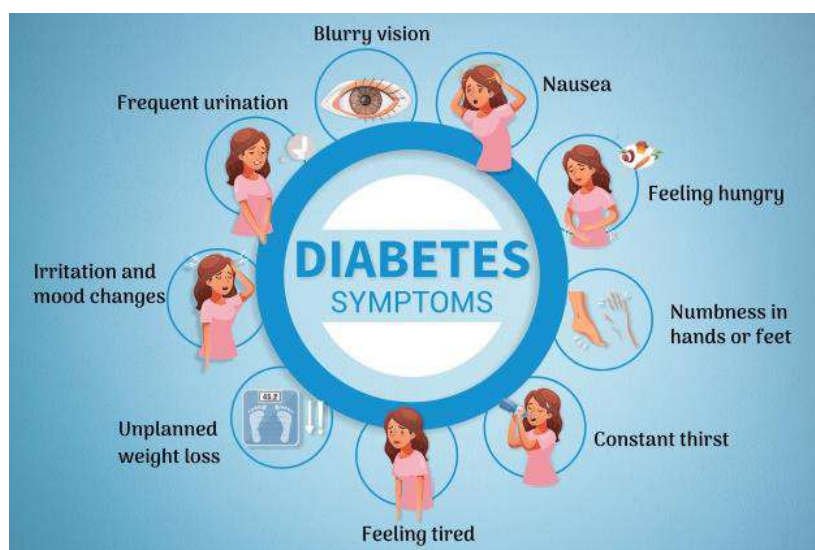
Types of diabetes



Symptoms of Diabetes

- being very thirsty
- urinating often
- feeling very hungry
- feeling very tired
- losing weight without trying
- sores that heal slowly
- dry, itchy skin
- feelings of pins and needles in your feet
- losing feeling in your feet
- blurry eyesight

Some people with diabetes don't have any of these signs or symptoms. The only way to know if you have diabetes is to have your doctor do a blood test.



Diabetes : Prevention and Control



EASY WAYS TO REDUCE YOUR RISK OF TYPE 2 DIABETES



Plant-Based Proteins



Fiber-Rich Foods



Whole Grains



Nuts, Seeds & Nut Butters



Meat & Processed Meats



Sugary & Fried Foods



White Bread & Refined Baked Goods



Candy & Chips

PROTECT YOURSELF FROM DIABETES

Follow these steps to keep your health on **TRACK**



10 Best Lifestyle Tips To Control Diabetes



TREATMENT

- Diet = 50 to 60 % of carbohydrates , 20 to 30 % Fats, 10 to 20 of cholesterol
- Insulin
- Antidiuretic Agents
- Blood sugar monitoring
- Exercise
- Transplant of pancreas or insulin
- Ensure adequate food intake
- Scrupulous foot care





**KEEP CALM, BUILD A HEALTHY
LIFE STYLE AND LET'S BEAT
DIABETES TOGETHER**