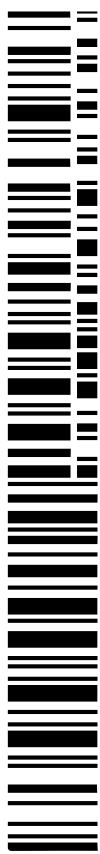


DIABETES



SEPTEMBER 23, 2023



DIABETES

WHAT IS DIABETES?

Diabetes is a chronic metabolic disease that occurs when the level of glucose (sugar) in the blood is too high.

Insulin is a hormone produced in the pancreas that helps maintain proper blood sugar levels.

With diabetes, the body does not produce enough insulin or the insulin it does produce is not used properly.



PREVENTION

Some tips to lead a healthy lifestyle and to prevent or delay type 2 diabetes are:

- A balanced and healthy diet
- Physical activity
- Maintain a healthy weight
- Not smoking

TYPES

TIPO 1

Most often occurring in childhood or young adulthood, this type of diabetes occurs when the body does not produce insulin because the immune system attacks and destroys the cells in the pancreas that produce insulin.

TIPO 2

It is the most common and is when the body cannot produce enough insulin or is not able to respond to its effects, which causes the accumulation of glucose in the blood.

GESTACIONAL

It occurs during pregnancy, when hormonal changes cause a blockage of insulin function. When this happens, glucose levels increase.