

Diabetes- basic facts

Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective. Or, when your body can't produce any insulin at all.

The link below is to a film on the basics of diabetes:

[What is diabetes? | Getting to know the basics | Diabetes UK](#)

Symptoms include:

the frequent need to pass urine, this is because your body is trying to rid itself of the excess sugar, this in turn leads to an increased thirst.

Feeling very tired because the sugar in your blood isn't getting into the cells and so doesn't provide the energy you need.

This may also lead to unexplained weight loss as your body begins to break down its own fat stores in response to the lack of carbohydrates

Taking longer for wounds to heal because the sugar is preventing nutrients and oxygen getting to the wound

Itching in the genital area caused by Thrush, again due to the body flushing out the excess sugar and creating ideal environment for fungal infections.

Blurred vision caused by blood sugar building up, with out treatment this can lead to irreparable loss of vision due to Diabetic Retinopathy.

Symptoms may develop quicker in type 1 diabetes

Treatment

If you have type 1 diabetes, you'll need to use insulin to treat your diabetes. You take the insulin by injection or by using a pump.

If you have Type 2 diabetes, you may have to use insulin or tablets, though you might initially be able to treat your diabetes by changing your diet to a healthier one and getting more exercise.