People need to know why diabetes matters.

Why they should take prescribed medications.

Is it worth giving up the food they love or their leisure time to exercise.

→ MOTIVATION BY EDUCATION
Body is made up of cells
Every cell has a job that requires energy
Glucose from food = primary energy
Need to get glucose inside cell

Insulin escorts glucose inside cells.
Pancreas makes insulin.

In Type 2 Diabetes
the insulin requirement increases

Type 1 Diabetes
no insulin

Glucose builds up
Pancreas → Pancreas
Glucose builds up
Increased glucose pressure or blood pressure can cause thin walled vessels to form microaneurysms or bleed.

"Annual Dilated Eye Exams."

delicate filters in kidney can become damaged.
Kidney

urine waste

protein loss

first identified as microalbumin.

ACE/ARB dilates vessel before kidney, thereby reducing pressure.

Kidney

ACE/ARB
treat with

i.e. Lisinopril, Losartan etc.

protein loss

pressure

first identified as microalbumin.

Check urine microalbumin:

creatinine ratio
to assess injury

early
Blood vessels are pipes.

Risks: AMI, CVA, PVD, Loss of limbs

Keep glucose down. Take statins. Take ASA.