

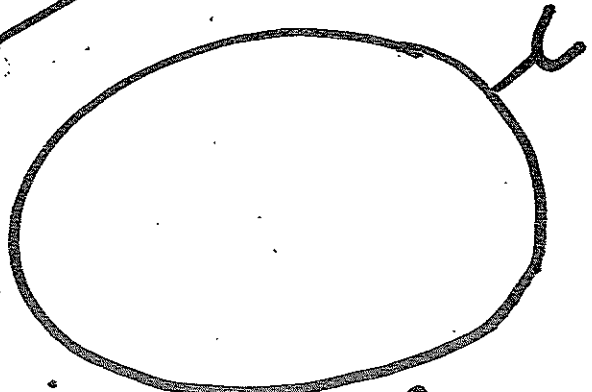
People need to know why
diabetes matters

Why they should take
prescribed medications

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

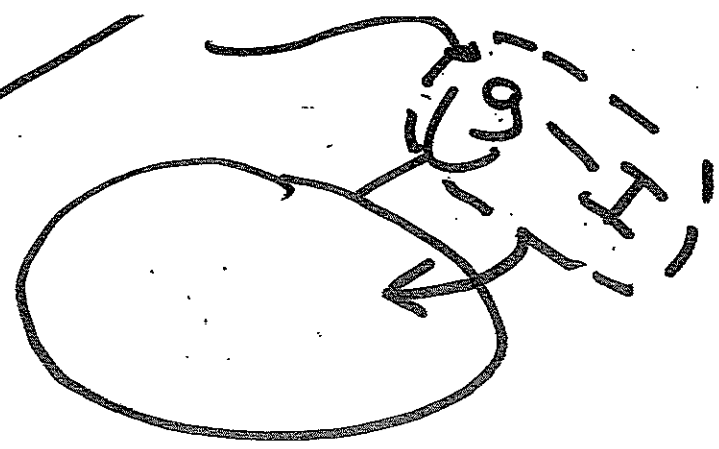
→ MOTIVATION BY EDUCATION

99999



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

99999

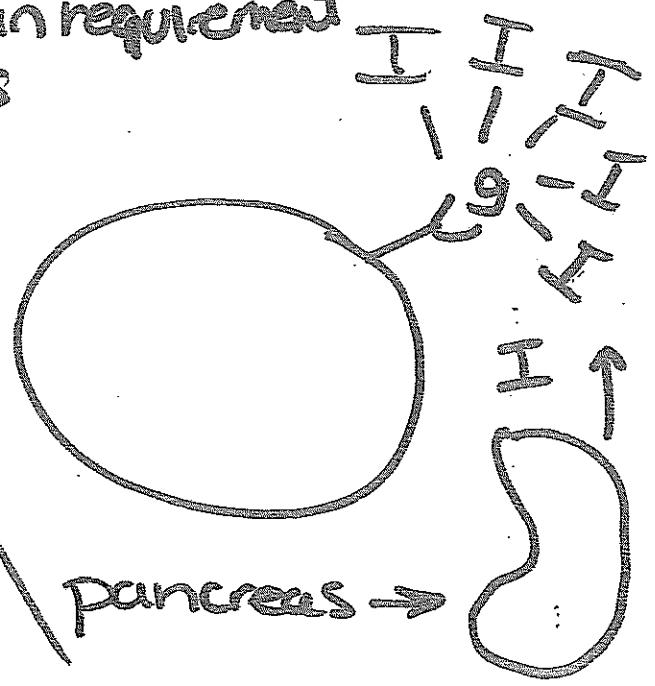


Insulin escorts glucose inside
cells.
Pancreas makes insulin.

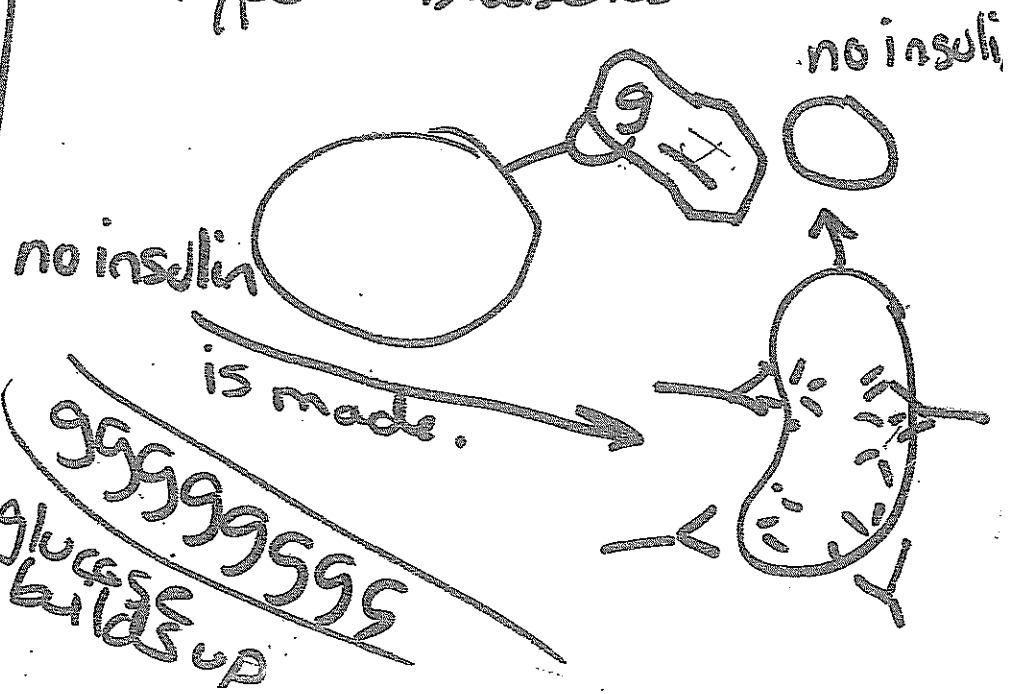
in Type 2 Diabetes
the insulin requirement
increases

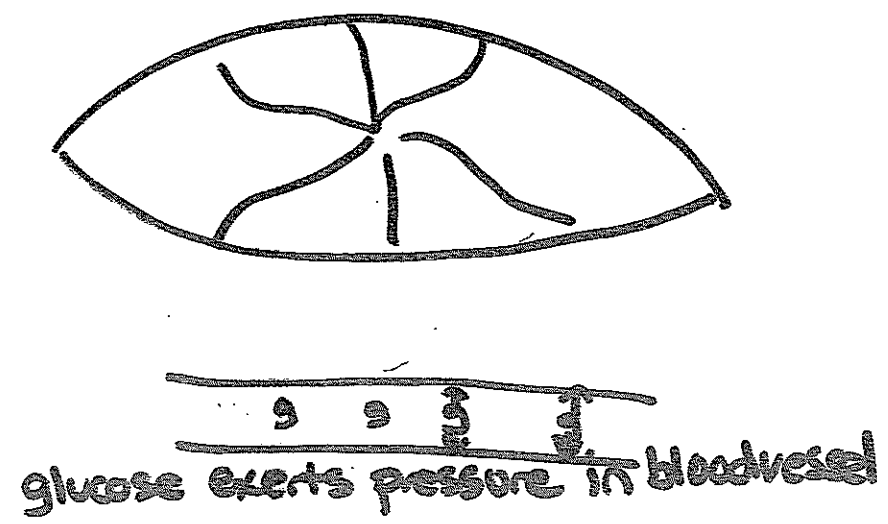
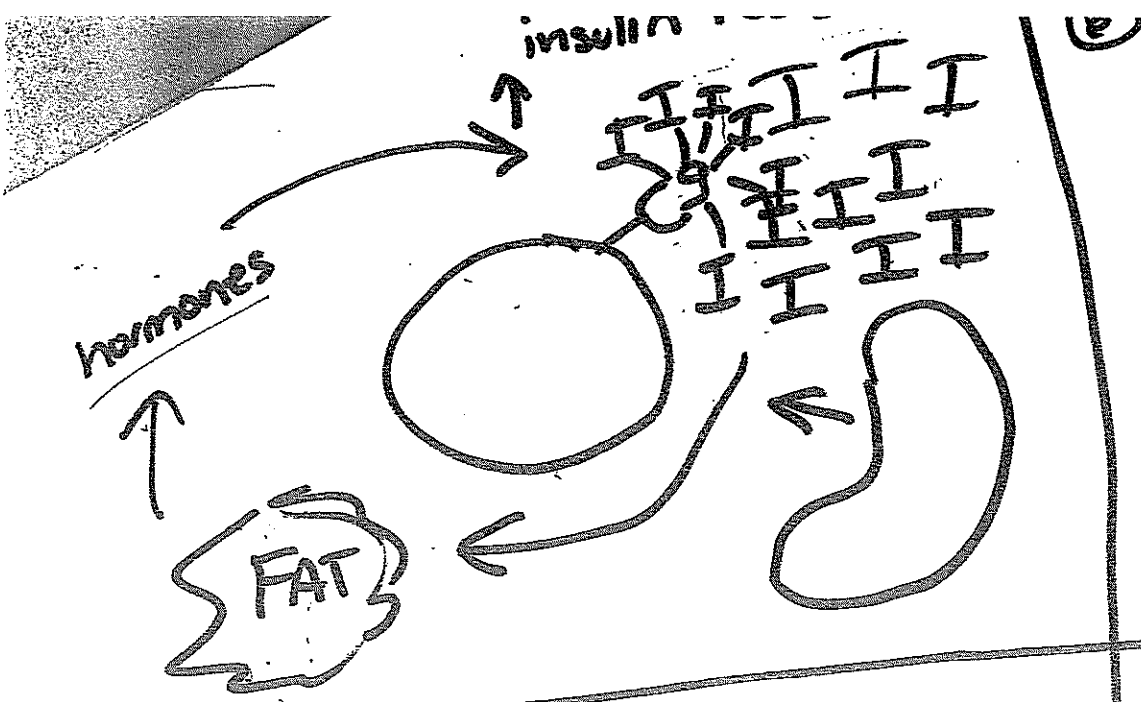
3

glucose
increases



4 in Type 1 Diabetes

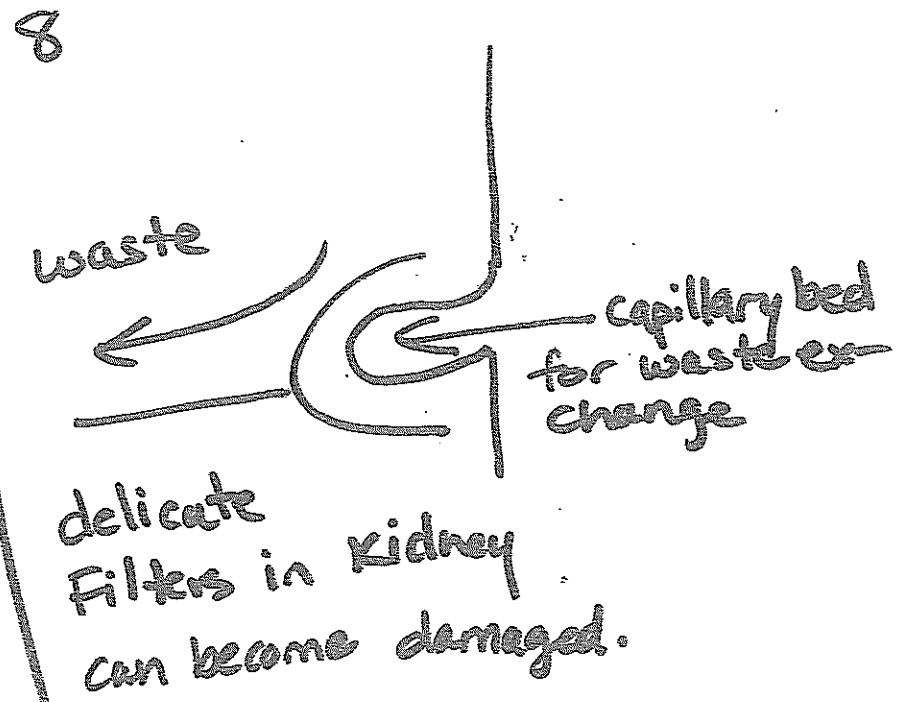




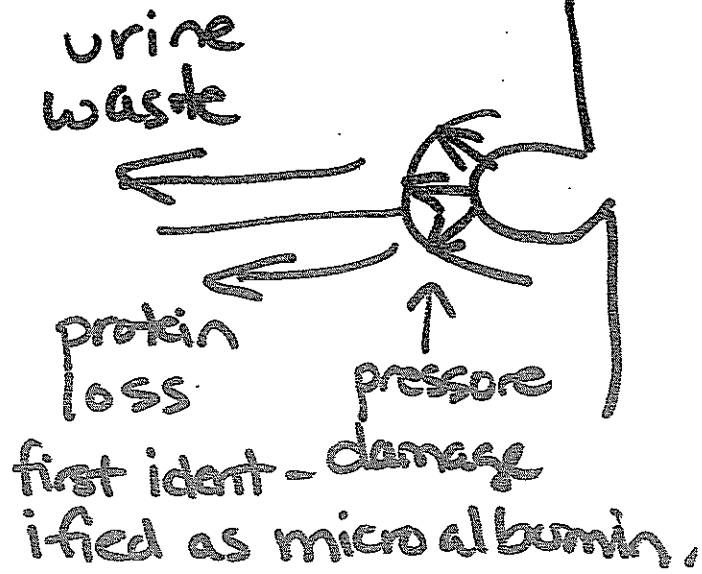
①

increased glucose pressure / or blood pressure can cause thin walled vessels to form microaneurysms or bleed.

∴ Annual Dilated Eye Exams.



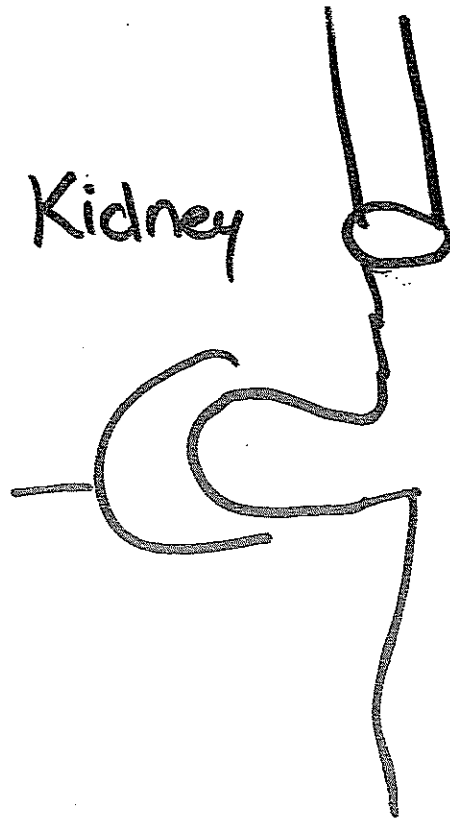
Kidney



∴ Check
urine microalbumin:
creatinine ratio
to assess injury
^
early

to

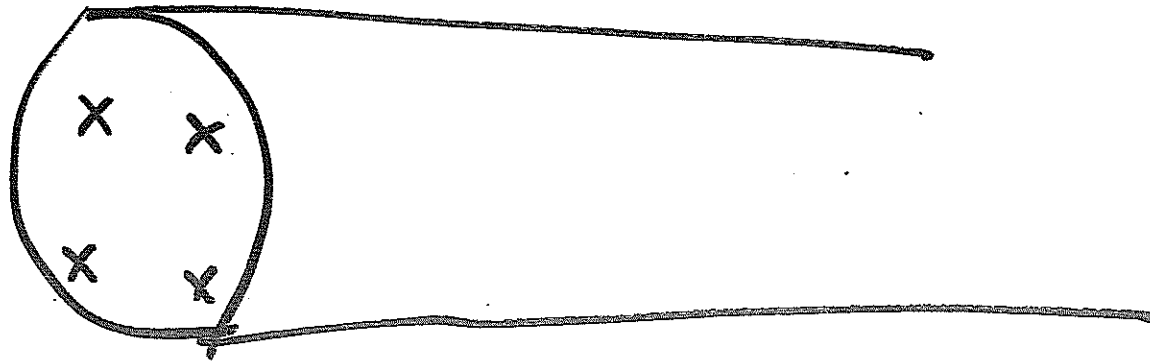
Kidney



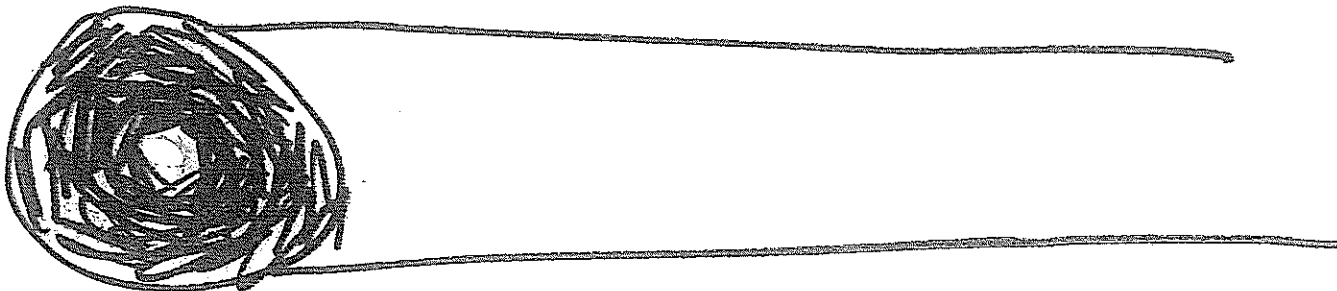
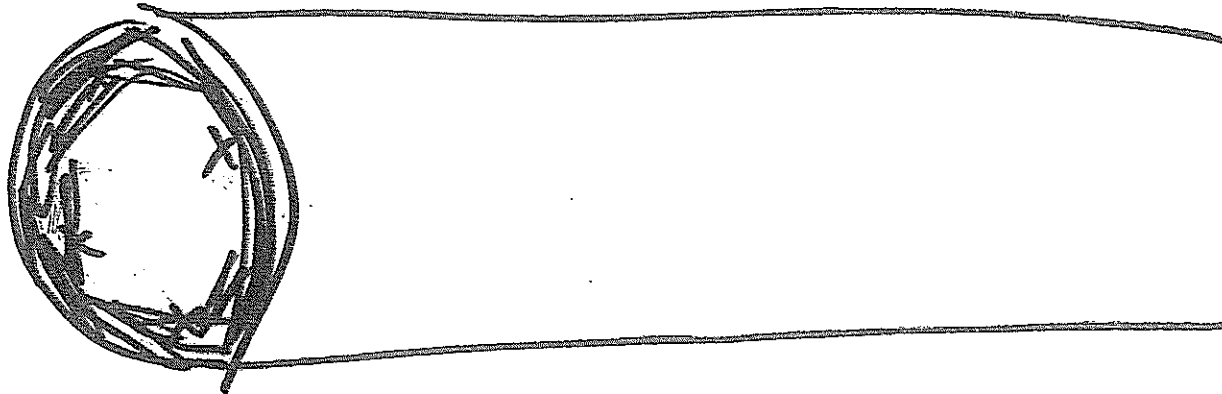
ACE/ARB
dilates vessel
before kidney
thereby reducing
pressure.

∴ treat with
ACE/ARB
ie Lisinopril losartan etc.

11 Blood vessels are pipes,



∴
Keep Glucose
Down
TAKE STATINS
TAKE ASA



RISKS: AMI CVA PVD LOSS OF LIMBS