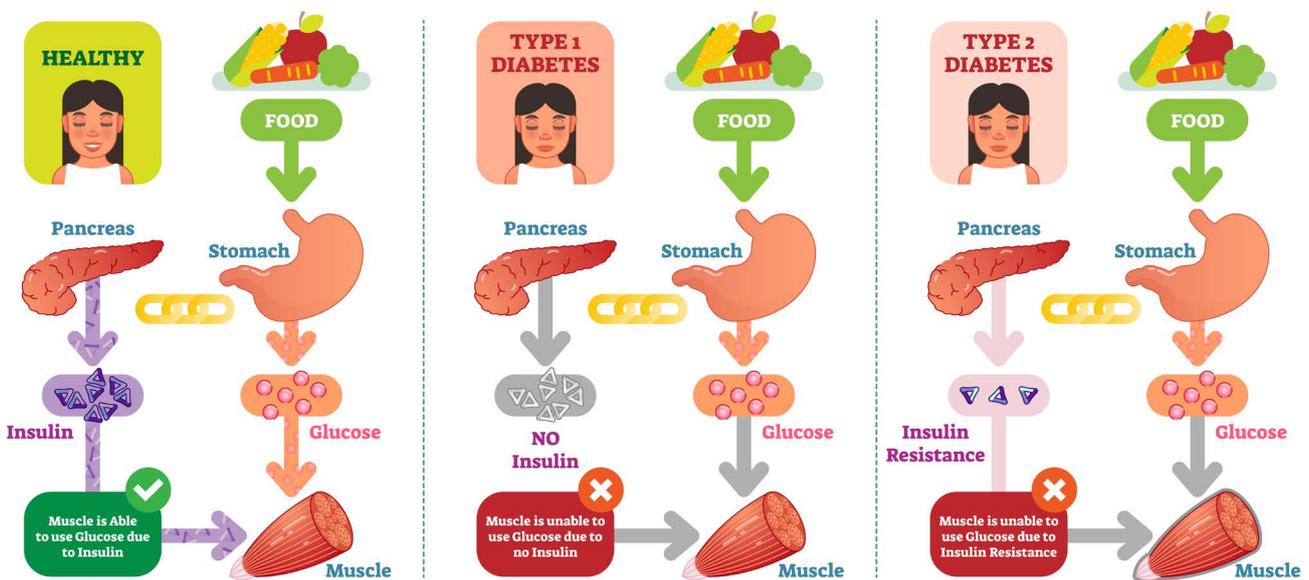




Diabetes

As Múinteoir Clóna taught us today, diabetes is a lifelong disease. It is a disease in which your body does not use, or else does not produce, insulin properly. Insulin is produced by your pancreas and is necessary so that your body can absorb glucose (sugar), which is needed for energy in the body. Without the proper amounts of insulin, a high level of glucose (sugar) will circulate in your blood and this can cause problems. There are 2 types of diabetes – Type 1 which cannot be prevented and Type 2 where we can do a lot to prevent it.

Types of diabetes





Quick Quiz

Using the information above and the diagrams, answer these questions:

01 What does Insulin do in the body?

02 What is glucose needed for, in the body?

03 What is the difference between someone without diabetes and someone with Type 1 Diabetes?



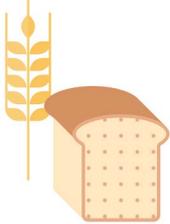
04 What is the difference between someone without diabetes and someone with Type 2 Diabetes?

05 A person with diabetes should avoid foods where sugar is added and make sure to drink plenty of water, especially when exercising. True or false?



High Carb vs Low Carb

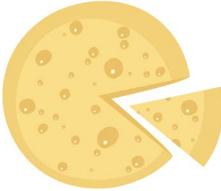
If you have diabetes, your body cannot process carbohydrates (“carbs”) properly. Foods such as: sweets, sugary breakfast cereals, white bread, white pasta, cookies, and crisps are high in carbs. Look at the foods below and write beside them whether you think they are high or low in carbohydrates.



01 White Bread



02 Berries



03 Cheese



04 Salmon



05 Doughnuts



Signs + Symptoms



FREQUENT URINATION



INCREASED THIRST



HUNGER



WEAKNESS



WEIGHT LOSS



BLURRED VISION



NAUSEA



SLOW HEALING OF CUTS/BRUISES



TINGLING IN HANDS

Quick Quiz: 1) Insulin is necessary so your body can absorb glucose (sugar).
2) Glucose is needed for energy in the body. 3) With Type 1, the body doesn't make insulin. 4) With Type 2, the body is resistant to insulin. 5) True **High vs Low Carb:** 1) High 2) Low 3) Low 4) Low 5) High