

# FOOD AND HEALTH PROJECT



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# **WHAT IS DIABETES?**

- ***Diabetes means too much sugar (glucose) in the blood.***
- ***Sugar comes from the food we eat, like bread, fruit, starchy vegetables and dairy items.***
- ***Sugar is used by the body for energy.***

Your goal is to maintain normal blood glucose levels

Glucose  
in blood



Excessive  
blood glucose





# WHAT IS DIABETES?



# Types of diabetes

## Type 1 diabetes



- Lack of insulin
- Autoimmune
- Usually children

## Type 2 diabetes



- Insulin resistance
- Lifestyle factors
- Usually adults

## Gestational diabetes



- Insulin resistance
- During pregnancy
- Risks to mother and child

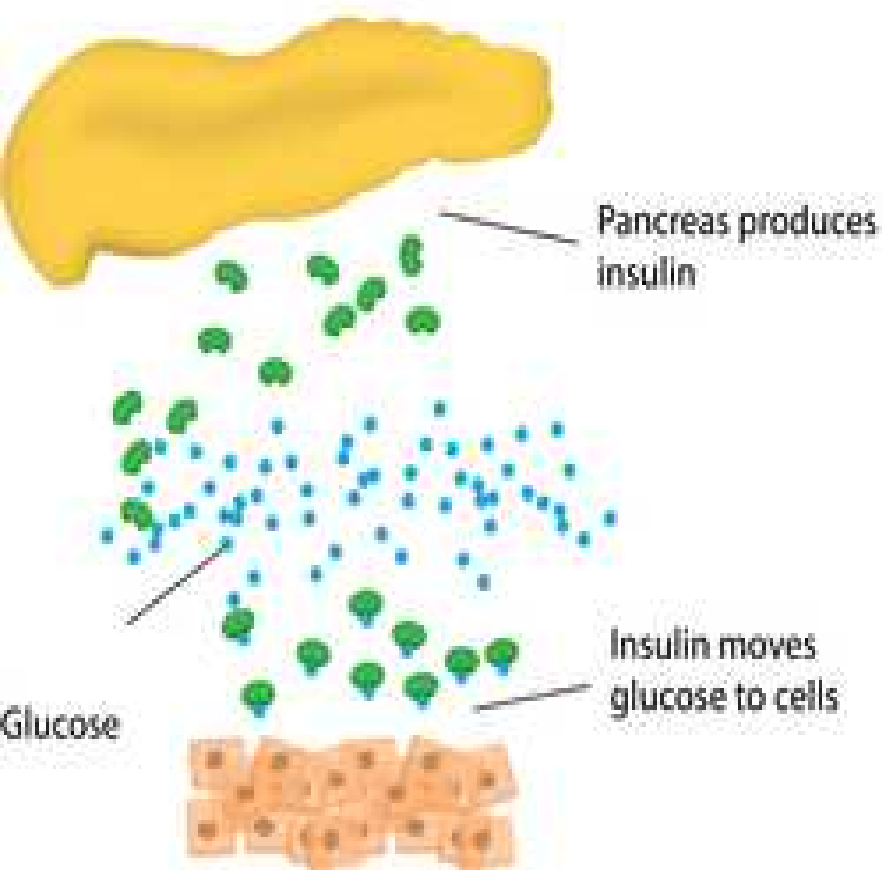


# Type 1 Diabetes

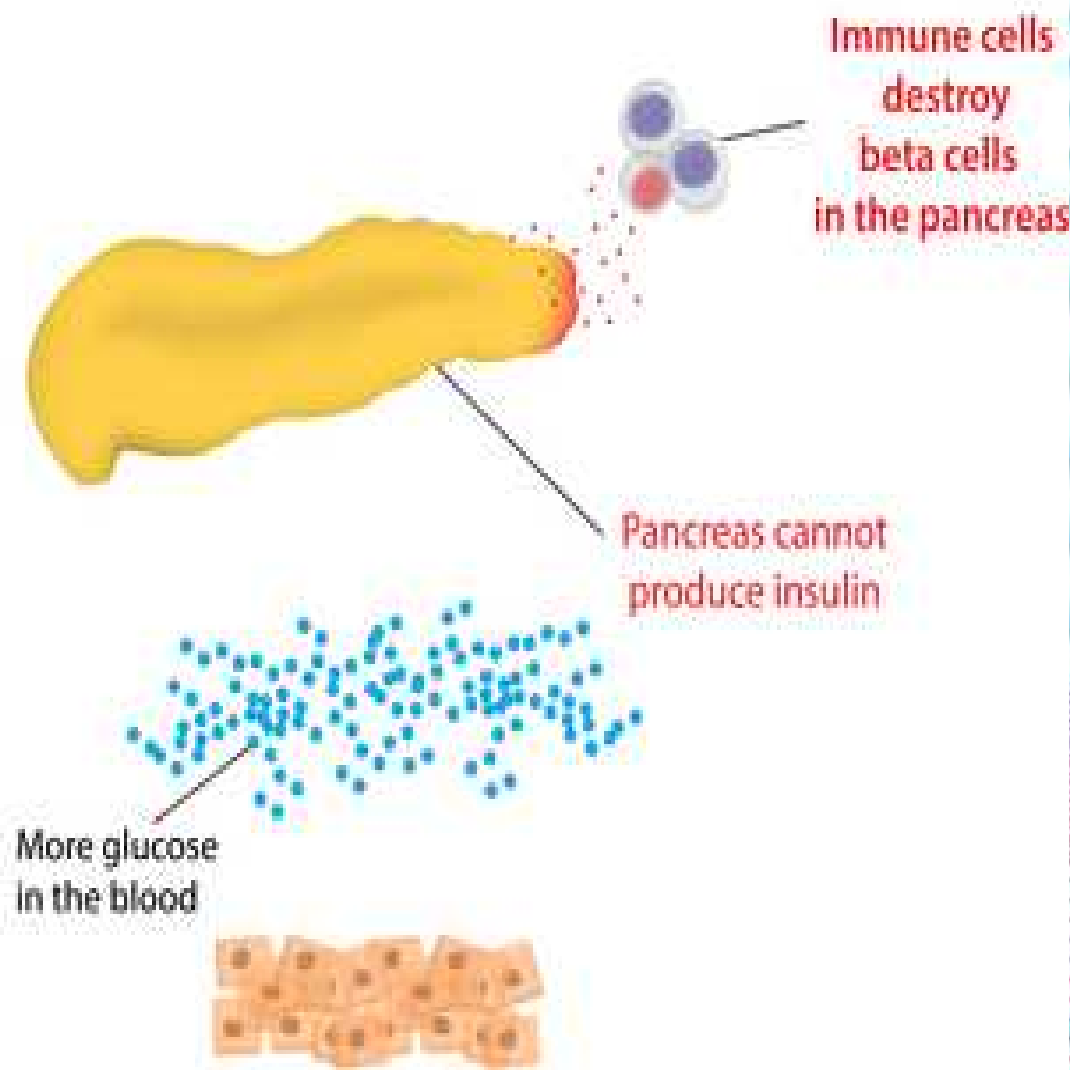
- Usually occurs in **CHILDREN**
- The pancreas can't make **enough** insulin
- It may be caused by **GENETICS**

# Type 1 Diabetes

## Healthy



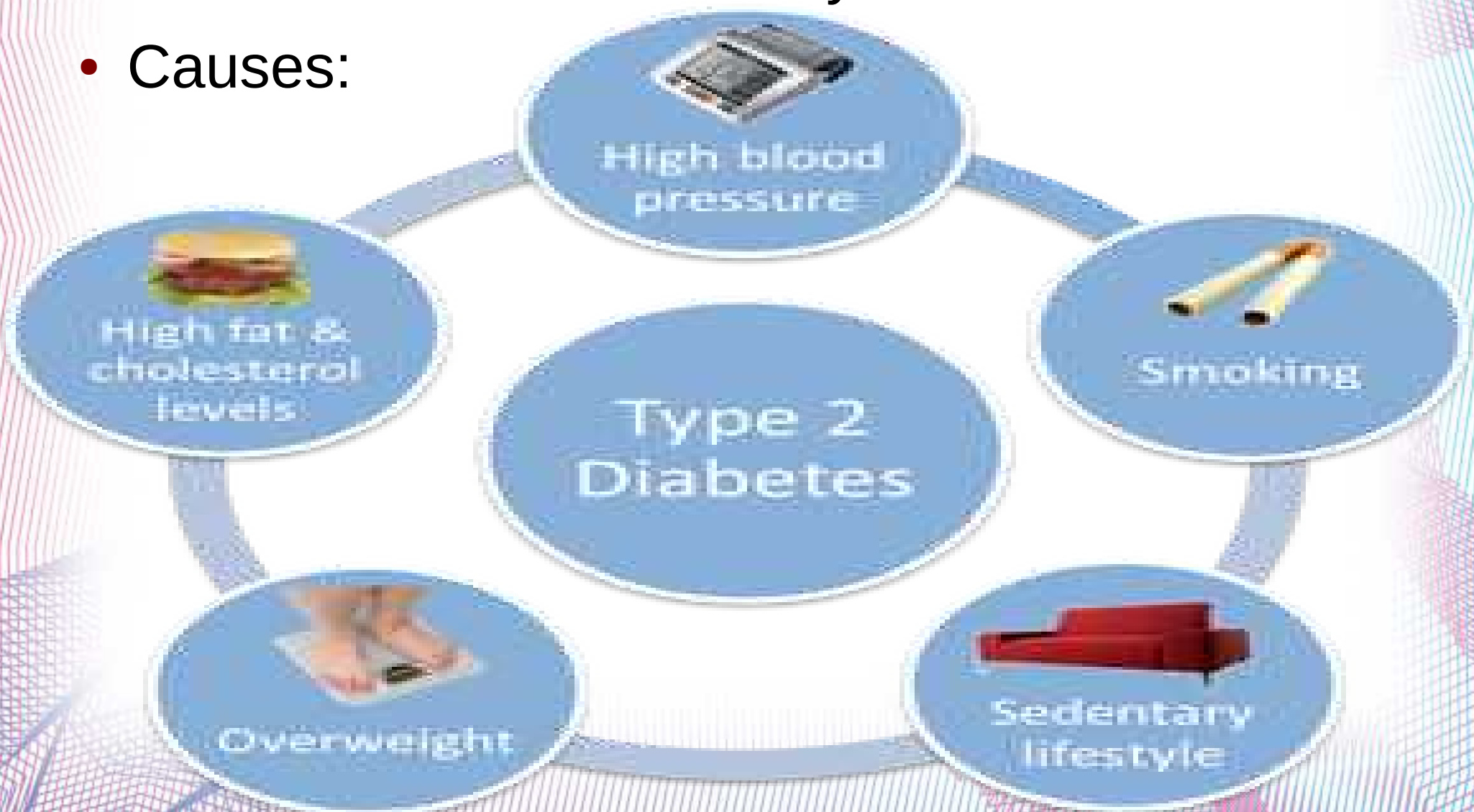
## Diabetic





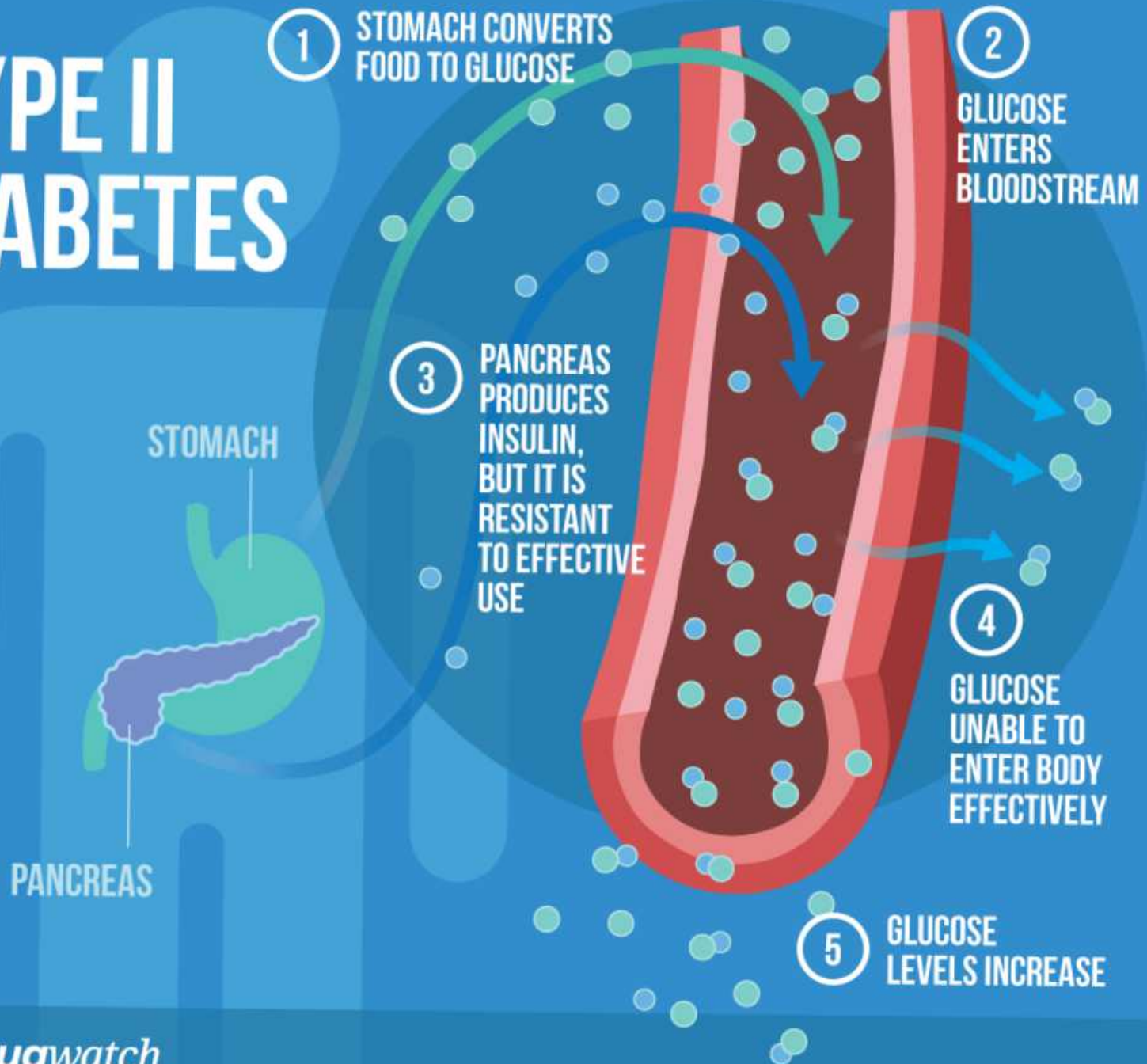
# Type 2 Diabetes

- Usually in **ADULTS**
- The pancreas still makes insulin but the **insulin doesn't work** very well
- Causes:



# Type 2 Diabetes

## TYPE II DIABETES





## Diabetes Risk Factors

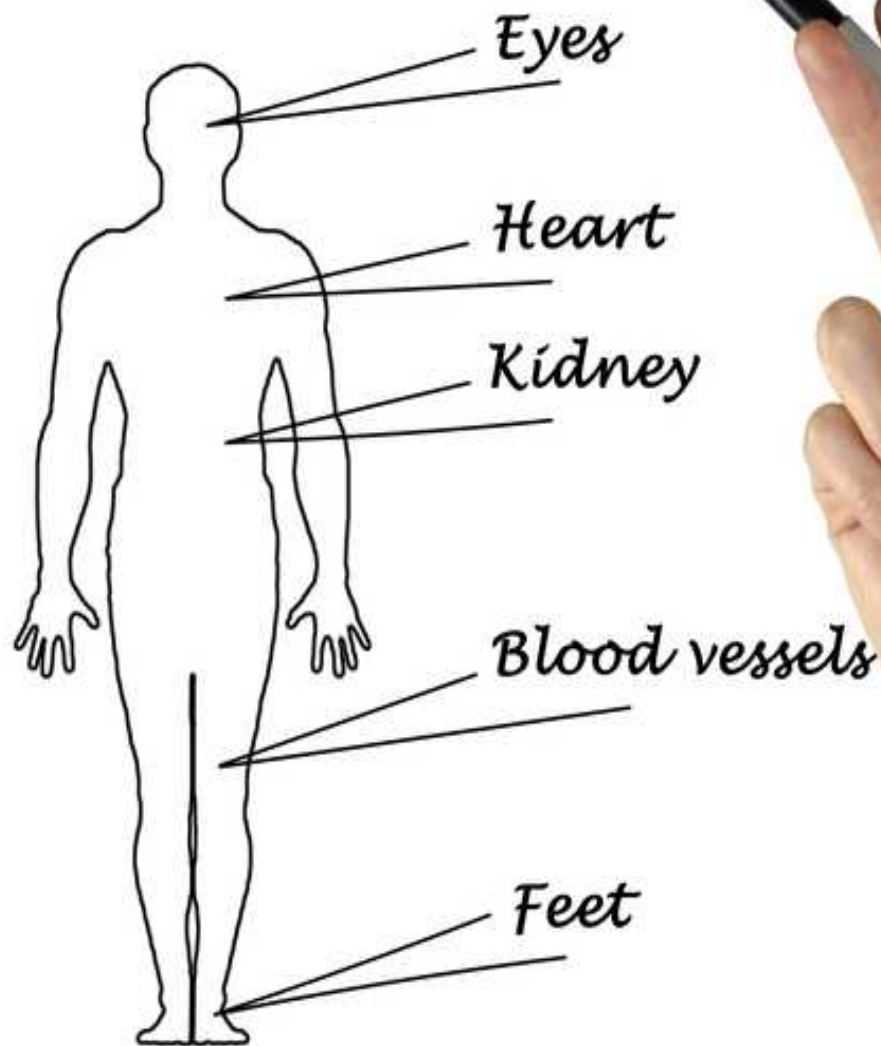
Overweight →

High blood  
pressure →

High level  
of cholesterol →

Genetics/  
Family history ↗

## Diabetes Complications



# ***SYMPTOMS OF DIABETES***



Urinating often



Irritability



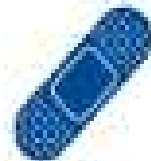
Being thirsty more often than usual



Blurry vision



Being hungry more often than usual



Wounds that won't heal



Being tired more often than usual



Numb or tingling hands or feet

# Increased Thirst and Frequent Urination

Why??

Because your body is trying to eliminate the extra glucose.





# Numb or tingling hands or feet



# Excessive Fatigue





**If that's your case,  
You must see a doctor!!**





# Diabetes treatment

Monitoring



Regular Physical Activity



Diet Regimen



Insulin Use



# INSULIN? How? Where?

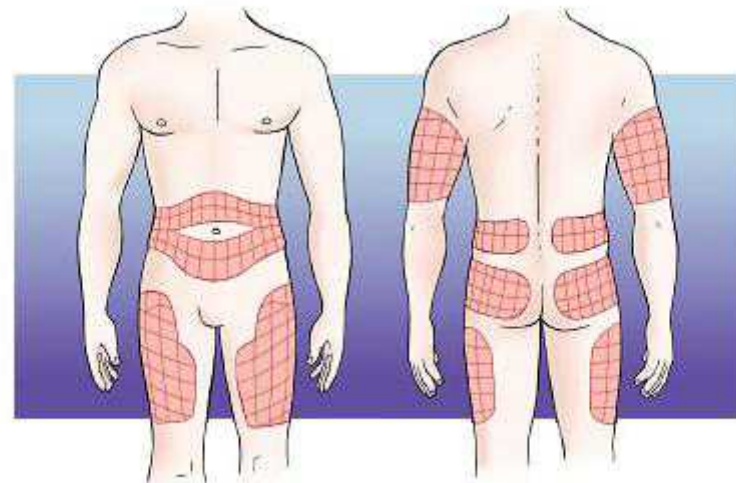
## TYPE 1

Use insulin injections



## TYPE 2

Use tablets  
and/or insulin



# BLOOD SUGAR TARGETS



## **Before meals:**

80-110mg/dL.

## **2 hour after meals:**

<160mg/dL(no more than 50 points from before the meal)

## **Before bed:**

100-140mg/dL if taking medication that can lower blood sugar levels.



# Low sugar(Hypoglycemia<70 mg/dl)

## Low Blood Sugar Symptoms



SHAKING



SWEATING



ANXIOUS



DIZZINESS



HUNGER



FAST HEARDBEAT



IMPAIRED VISION



WEAKNESS  
FATIGUE



HEADACHE



IRRITABLE

# Low sugar <70 mg/dl

- **Dangers:** faint and even go into a coma.

## WHAT CAN I DO IF THIS HAPPENS TO SOMEONE?

- *If conscious:* give 15 grs of carbohydrates: some juice or sugary drink (coke..), a candy or a little sugar
- *If unconscious:* administer a medication called **GLUCAGON** and contact **emergency services** immediately. NEVER give anything by mouth!!



# HYPERGLYCEMIA

(High Blood Glucose)

**Causes:** Too much food, too little insulin or diabetes pills, illness, or stress.

**Onset:** Often starts slowly. May lead to a medical emergency if not treated.

## SYMPTOMS:



**EXTREME THIRST**



**NEED TO URINATE OFTEN**



**DRY SKIN**



**HUNGRY**



**BLURRY VISION**



**DROWSY**



**SLOW-HEALING WOUNDS**

**WHAT CAN YOU DO?**



**CHECK BLOOD GLUCOSE**

**CALL YOUR HEALTHCARE PROVIDER**



**Call your healthcare provider** if your blood glucose levels are higher than normal for 3 days and you don't know why.





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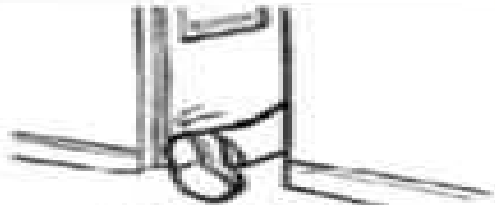
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# DIABETES PREVENTION

- At present, TYPE 1 diabetes **CAN'T** be prevented..
- But TYPE 2 Diabetes **CAN!** How??



# DIABETES PREVENTION

Monitor and/ or  
lower your blood  
pressure and  
cholesterol



## DIABETES PREVENTION 101



30 minutes of  
activity per day  
five days per week  
or 150 per week.  
*Helps lowers risk  
of developing type  
2 by* **58%**



Manage your  
weight and BMI



Quit smoking



Eat a healthy diet.  
Less fats, more  
fiber, whole grain,  
veggies, fruits,  
lean meat.

*Information from American Diabetes Association.*



**Our message:  
Adopt a healthy lifestyle!!!**





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