**DIABETES**

**RISK FACTORS**

Over 45 years old, Obese (BMI >25), blood relatives with diabetes

History of gestational diabetes (women), High blood pressure,

High cholesterol levels, elevated triglycerides, and certain ethnic populations are at an

Increased risk such as Native Americans, African-Americans, Asian-Americans, and Hispanic-

Americans

**Diabetes Insipidus**

 Uncommon disorder characterized by intense thirst, despite the drinking of fluids (polydipsia), and excessive urination (polyuria). Diabetes insipidus is usually the result of the body not properly producing, storing or releasing a key hormone. However, it can also occur when the kidneys are unable to respond properly to that hormone.

Symptoms

 Extreme thirst

Excretion of an excessive amount of diluted urine

Treatment

 Symptoms are generally treated with medications to reduce any symptoms related to the diabetes insipidus. Desmopressin is an example of one of the medications prescribed. A low salt diet may also be prescribed when the kidneys aren’t properly responding to ADH.

**Type 1 diabetes**

 Juvenile, or insulin dependent, diabetes is a chronic condition in which the pancreas produces little or no insulin which leads to low blood sugar (hypoglycemia). It is typically genetic but can arise due to a virus exposure.

Symptoms

 Sweating, Shakiness, Hunger, Weakness, Anxiety, Hypothermia

Dizziness or lightheadedness, Pale skin, Rapid or irregular heart rate

Fatigue, Headaches, Blurred vision, Irritability, Increased thirst and frequent urination

Extreme hunger, Weight loss, Fatigue, Blurred vision, Seizures, and Coma

In the case of hyperglycemia (eating too much, not taking enough insulin), patient may experience different symptoms such as…

 Frequent urination, increased thirst, Blurred vision, Fatigue, Nausea

Irritability, Hunger, and Difficulty concentrating, Hypotension, Weight loss, and Coma

Treatment

 Taking insulin (short acting, long acting, and intermediate options)

Exercising regularly and maintaining a healthy weight

Eating healthy foods

Monitoring blood sugar

**Type 2 diabetes**

 In individuals with type 2 diabetes, or non-insulin dependent diabetes, the body either becomes resistant to the insulin being produced by the body or the body does not make enough insulin. This can lead to all kinds of damage throughout the body including nerves and small blood vessels of the eyes, kidneys, and heart. This can lead to hardening of the arteries and heart attack or stroke.

Symptoms

 Increased thirst, increased hunger (especially after eating), Dry mouth

Nausea and sometimes vomiting, increased urination, Fatigue (weak, tired feeling)

Blurred vision, Numbness or tingling of the hands or feet

Frequent infections of the skin, urinary tract, or vagina, and sores that are slow to heal

Treatment

 Diet and exercise are important

Medications for any medical conditions resulting from insulin resistance (i.e. high blood pressure)