

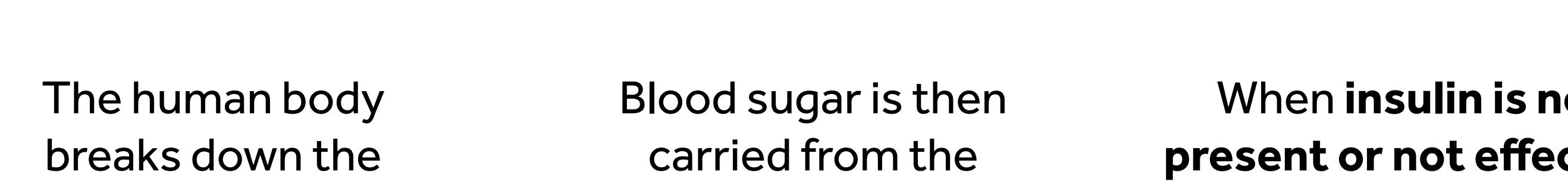


A whole-person guide to diabetes

You've heard of diabetes. **But what exactly is it? How does it impact the body, and how can it be managed?**

What is diabetes?

Diabetes is a condition that affects how the body processes sugar in the blood.



The human body breaks down the carbohydrates in food into **blood sugar**.

Blood sugar is then carried from the bloodstream to the cells using a hormone called **insulin**.

When **insulin is not present or not effective** to help the body remove blood sugar, it causes health complications.

Type 1 (less common)

- The body **does not produce** insulin at all
- Must be managed with **insulin**

Type 2 (more common)

- The body produces insulin but **does not use it** properly
- Lifestyle changes** and/or **medication** may be required

What parts of the body does diabetes affect?

Because sugar runs in the bloodstream, diabetes can affect multiple organs.



Heart



Eyes (vision)



Hands and feet

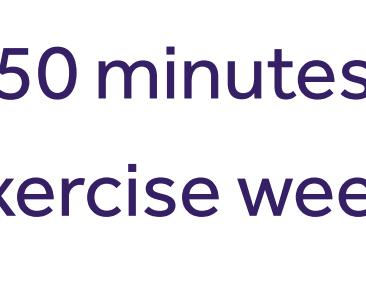


Mental health

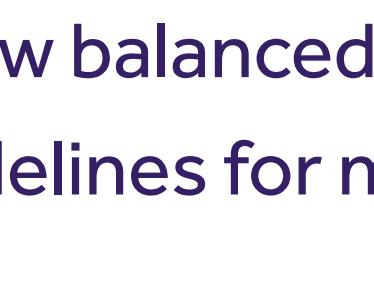


Kidneys

How do you manage hypertension?



150 minutes of exercise weekly



Follow balanced plate guidelines for meals



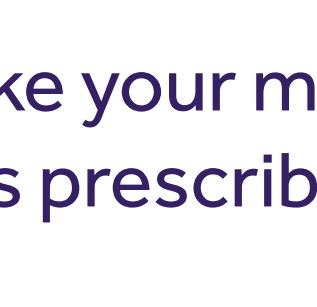
Stay hydrated with water each day



Manage stress



Monitor your blood sugar



Take your meds as prescribed