

Diabetes mellitus

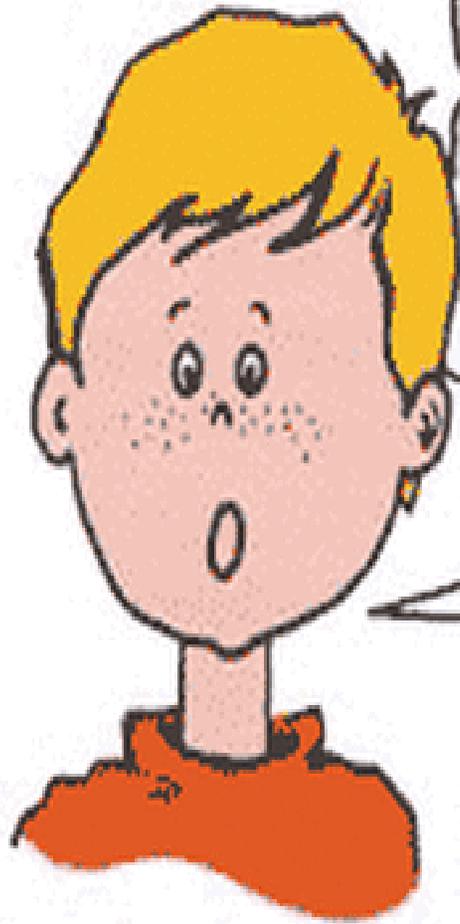
Dr Piyush B. Tailor

Associate Professor

Depart. Of Biochemistry

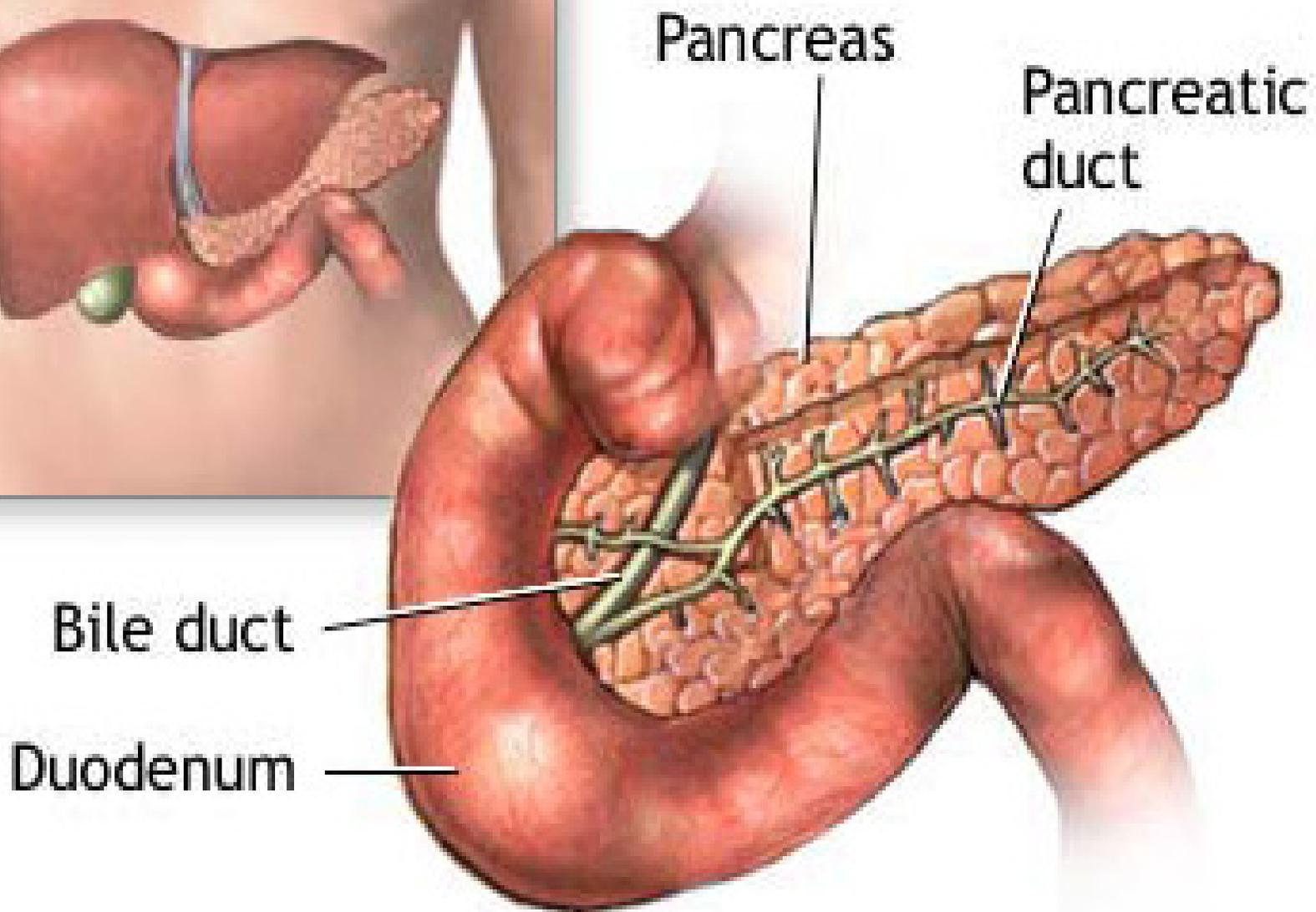
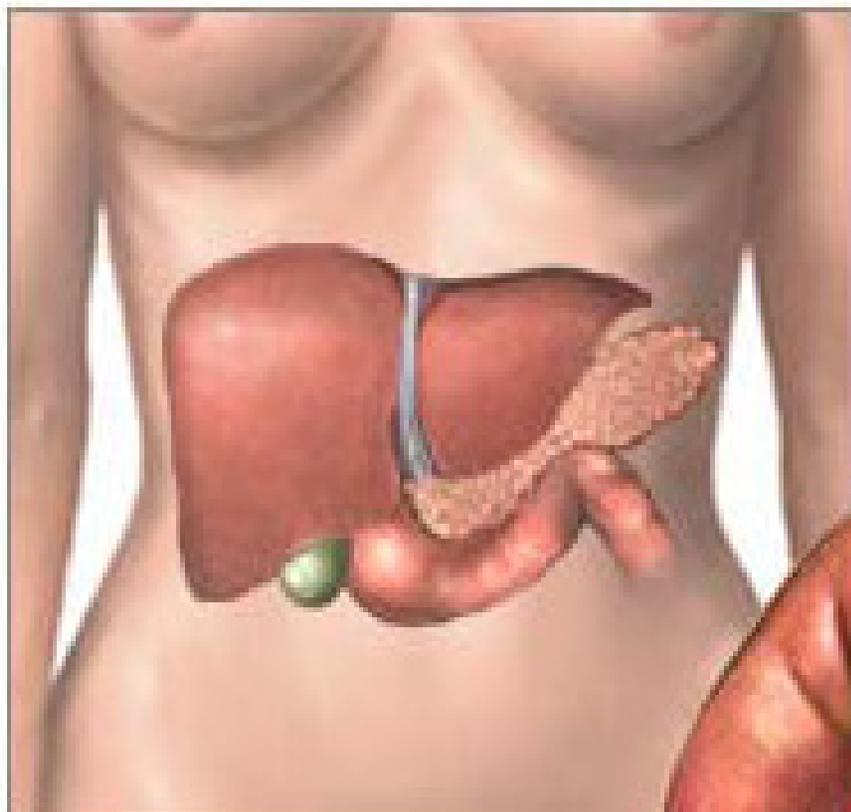
Govt. Medical College

Surat



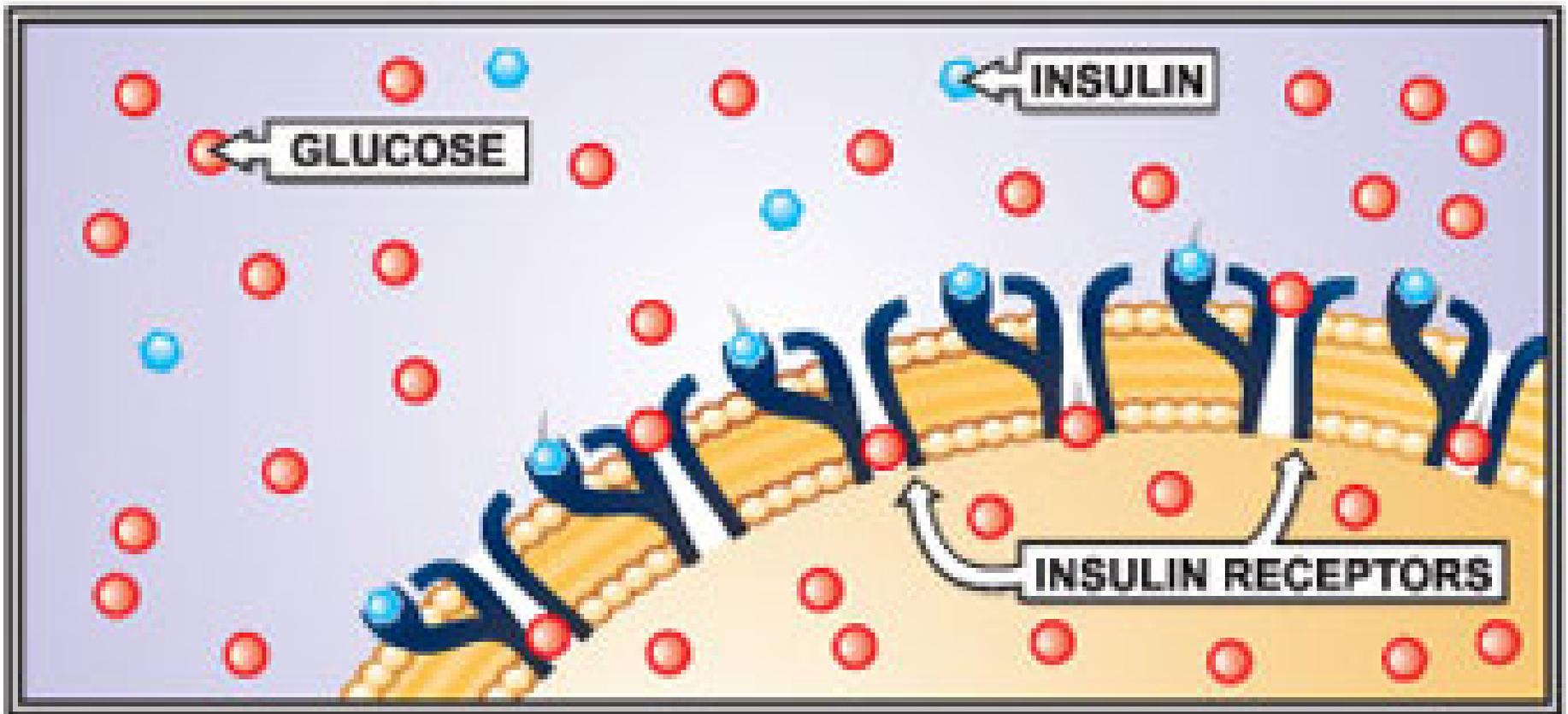
What is
Diabetes?

Diabetes
mellitus
insulin
type
genetic
congenital
surgery
medications
cardiovascular
defects
blood
body
complications
success
forms
metabolic
sugar
deficiency
resistance
weight
secretion
transplants
symptoms
healthy
diseases
suffer
treatment
health

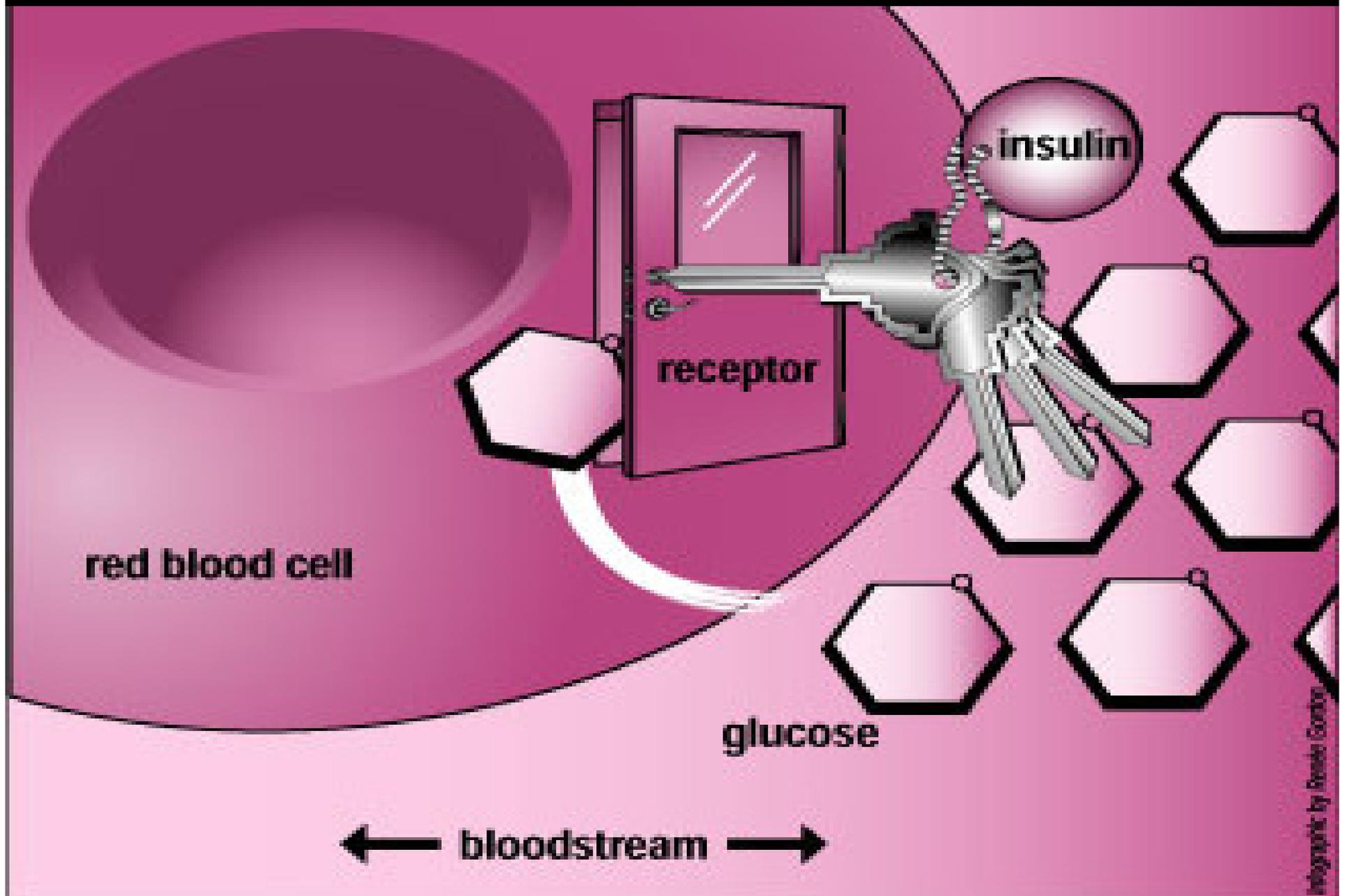


How insulin Act?

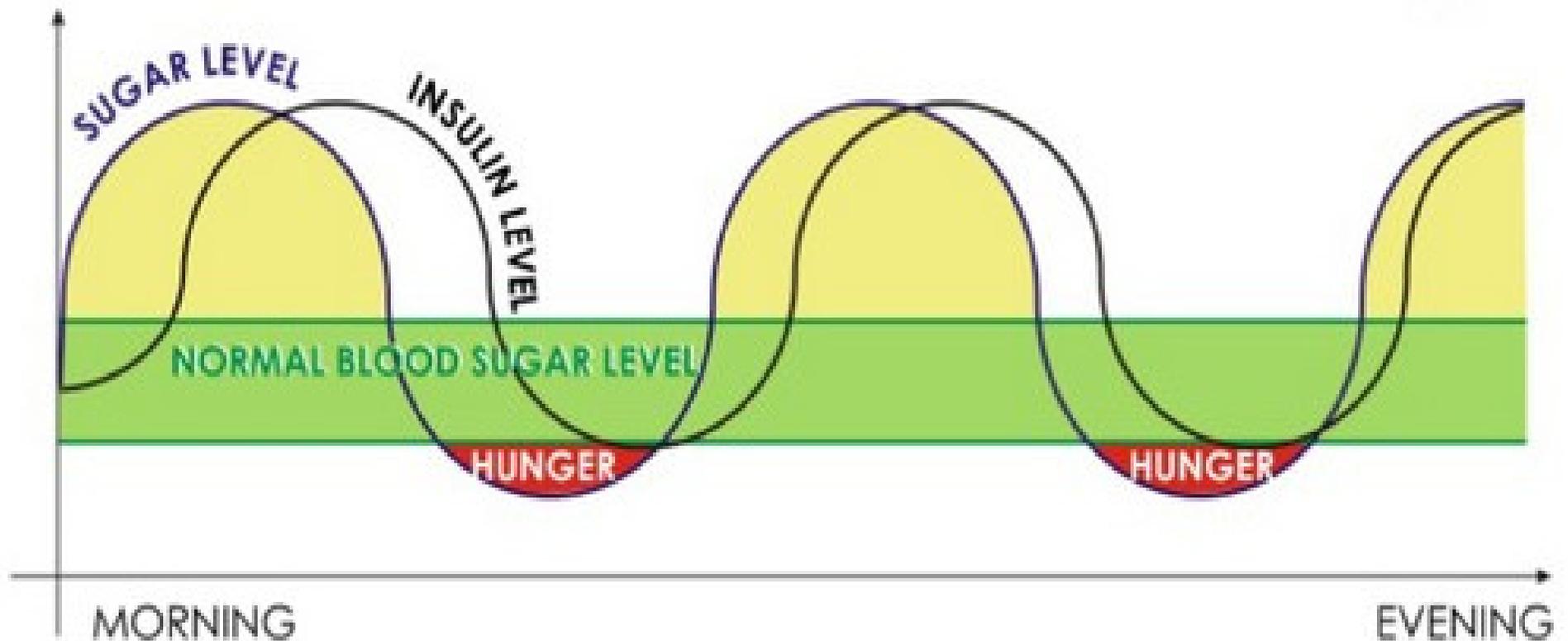
NORMAL CELL



The Role of Insulin



Insulin & Sugar Always together



**NATION FACES RISING RATES
OF TYPE 2 DIABETES**

**I'M LEARNING TO
MANAGE MY TYPE
2 DIABETES WITH
INSULIN!**



Diabetes Mellitus

- Type 1 Diabetes

- insulin producing cell destroyed
- insulin dependence
- before 13 years

- Type 2 Diabetes

- Lack of insulin action (resistant cells)
- commonly detected after 40 years

Gestational Diabetes
during pregnancy

Types of Diabetes Mellitus

- *Type 1:*
 - Body's failure to produce insulin.
- *Type 2:*
 - Insulin resistance
 - Sometimes combined with relative insulin deficiency.
- *Gestational diabetes:*
 - Gestational diabetes affects about 4% of all pregnant women.
 - It may precede development of type 2 .





D



Genetic



Sedentary life



Unhealthy food



Obesity



Age



Gestational diab



Prediabetes



Ethnic

SIGNS & SYMPTOMS

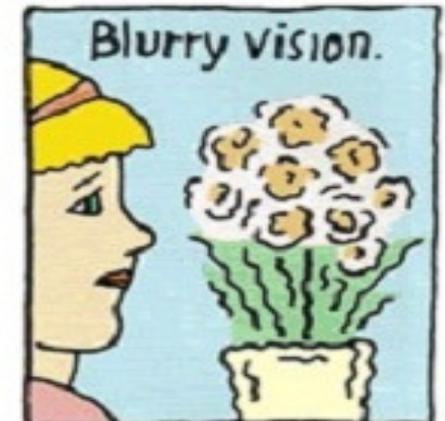
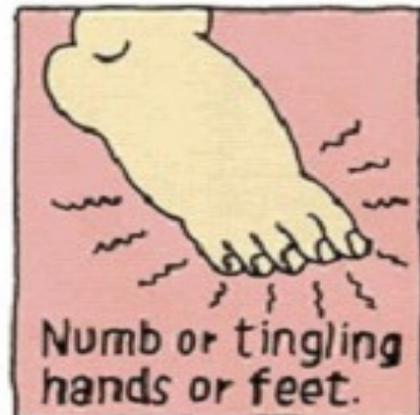
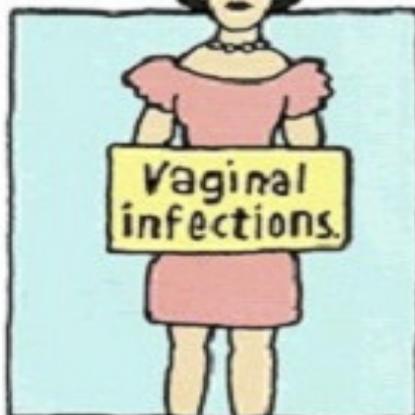
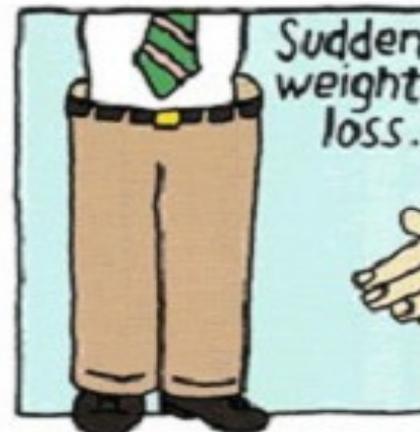
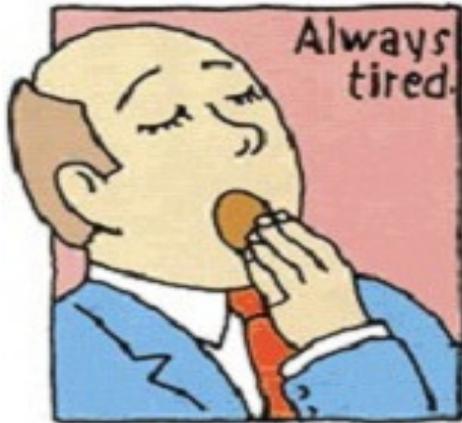
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Signs and Symptoms

- Polyuria (**excessive urination**)
- Polydipsia (**excessive thirst**)
- Polyphagia (**strong desire to eat**)
- **Weight loss**

Dr Piyush Tailor

SYMPTOMS OF DIABETES



Later Symptoms

- Fatigue
- Dry skin
- Abnormal high frequency of infection
- Feet Ulceration
- Loss of sensibility in lower extremities
- Erectile dysfunction
- Slow Healing of wounds or sores
- Changes in vision

Am I diabetic patient ?

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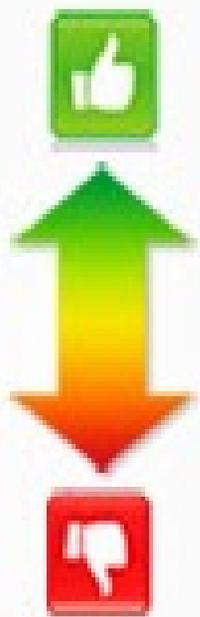
Do you
know what
**YOUR
NUMBERS**
mean?

Fasting Glucose
Ranges

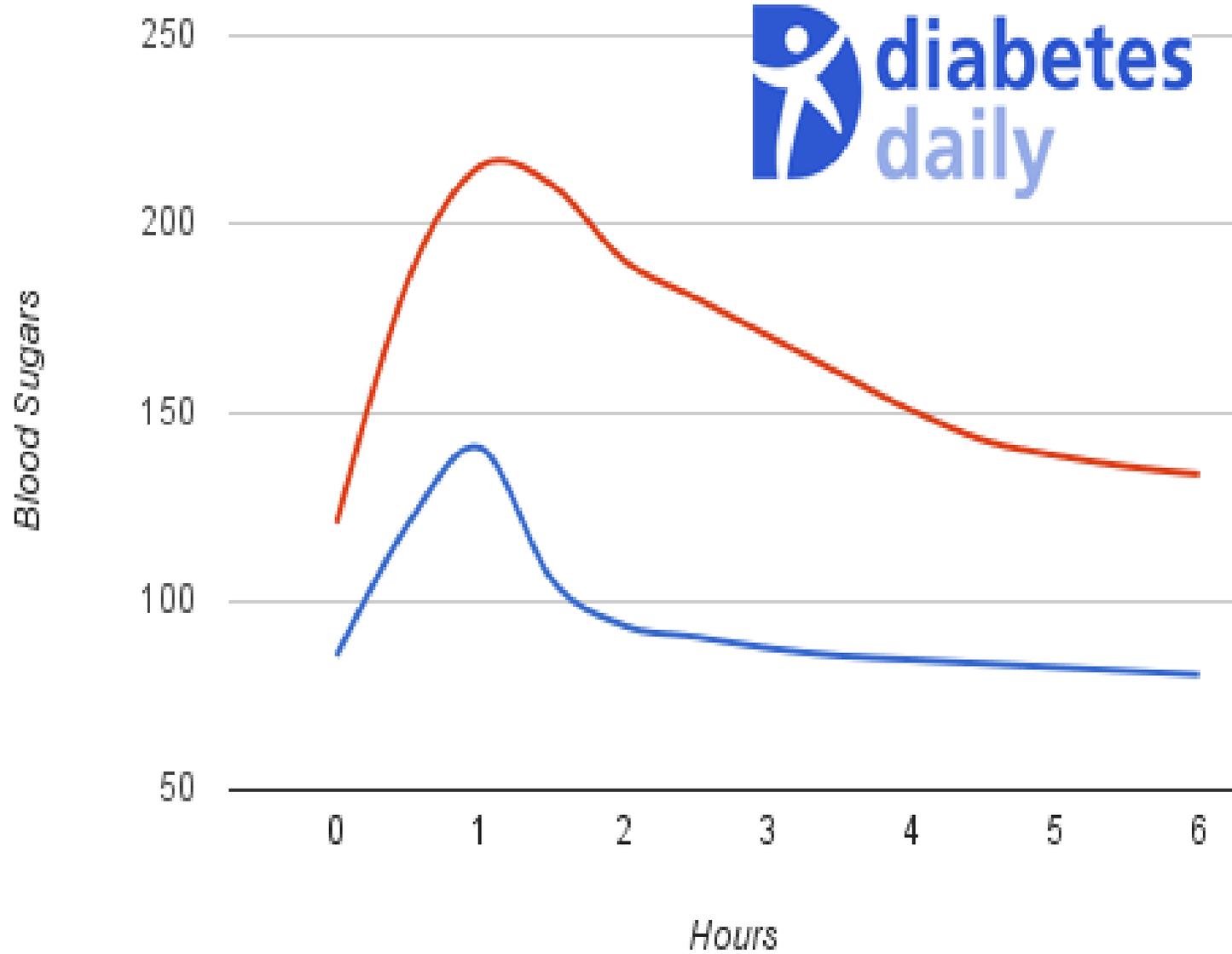


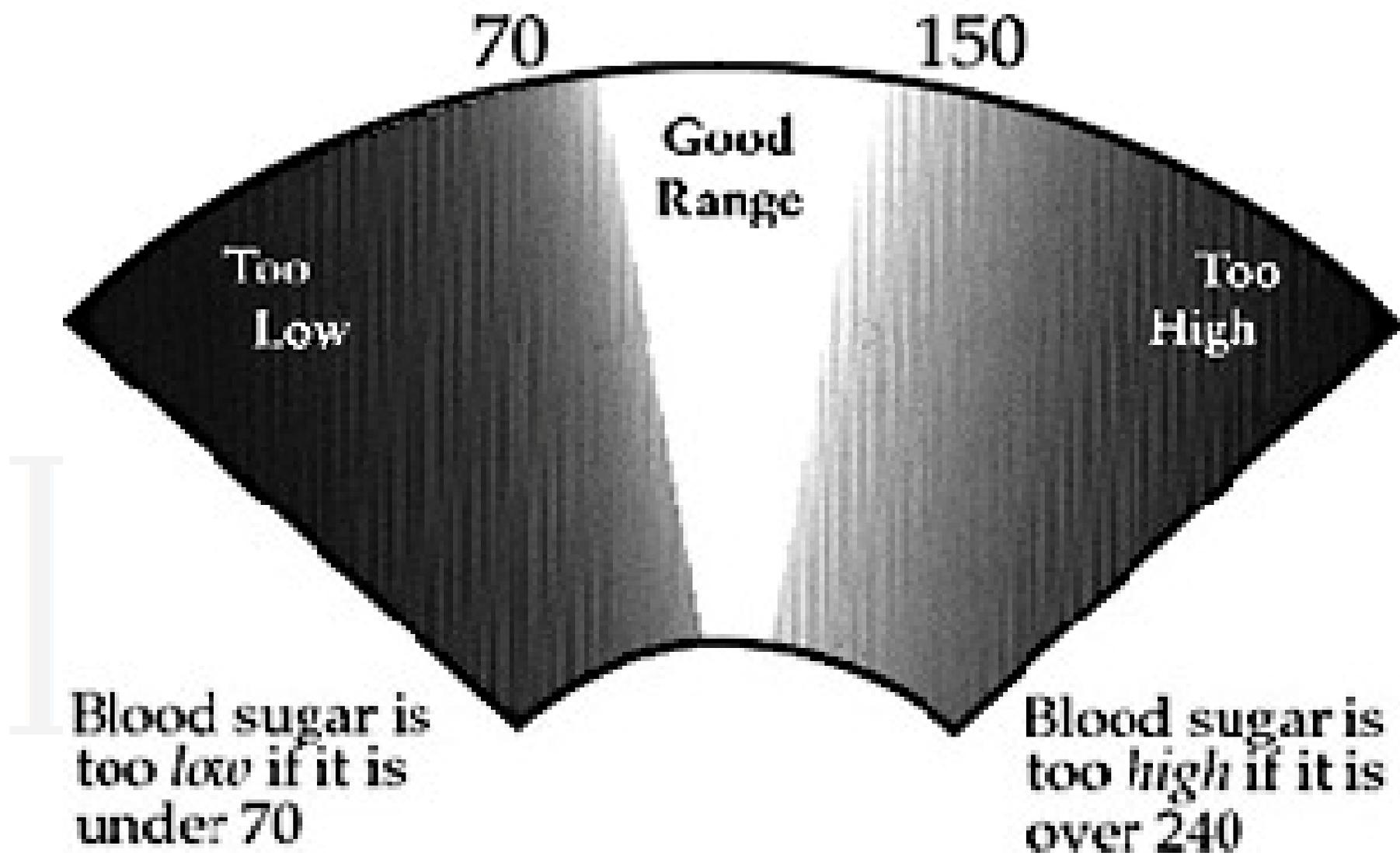
BLOOD GLUCOSE CHART

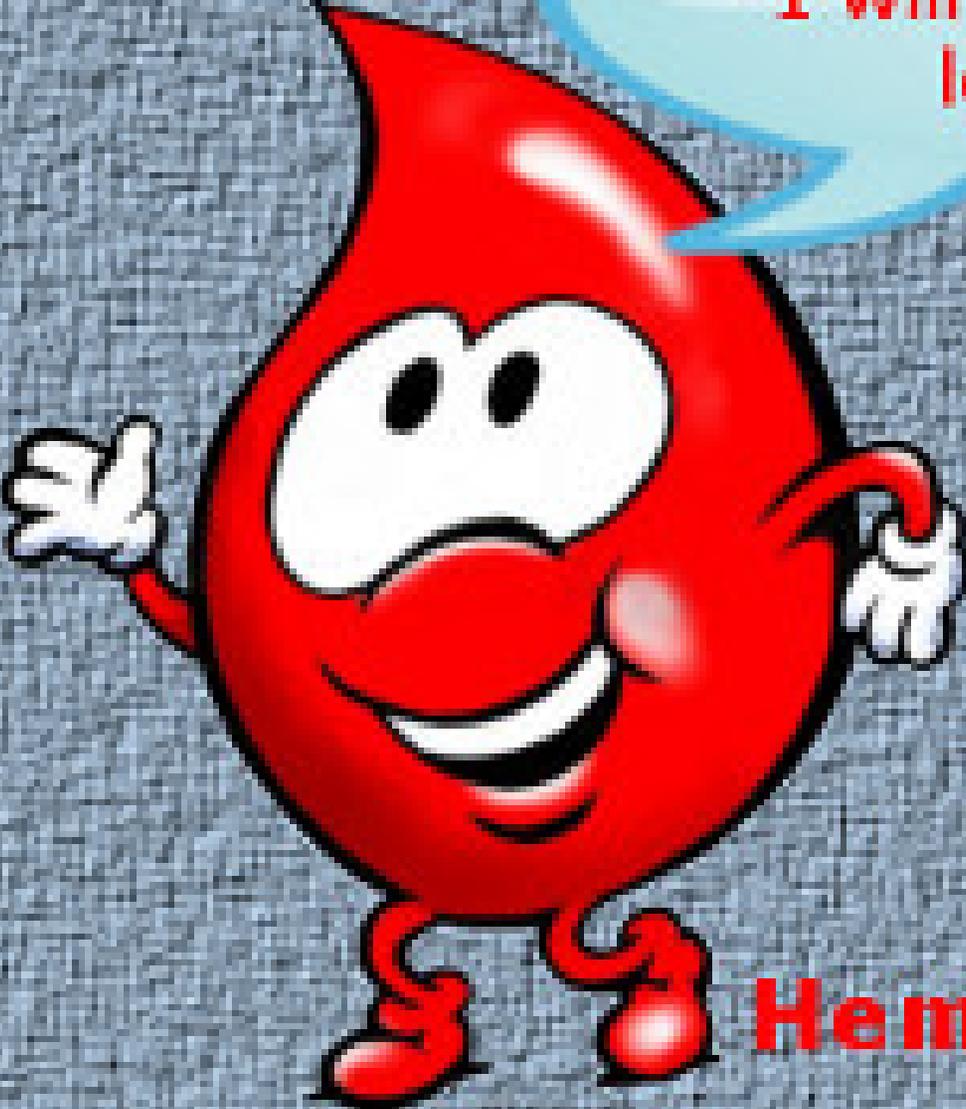
	Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal		80-100	170-200	120-140
Impaired Glucose		101-125	190-230	140-160
Diabetic		126+	220-300	200 plus



Non-Diabetic (Blue) v. Diabetic (Red) Mealtime Blood Sugars

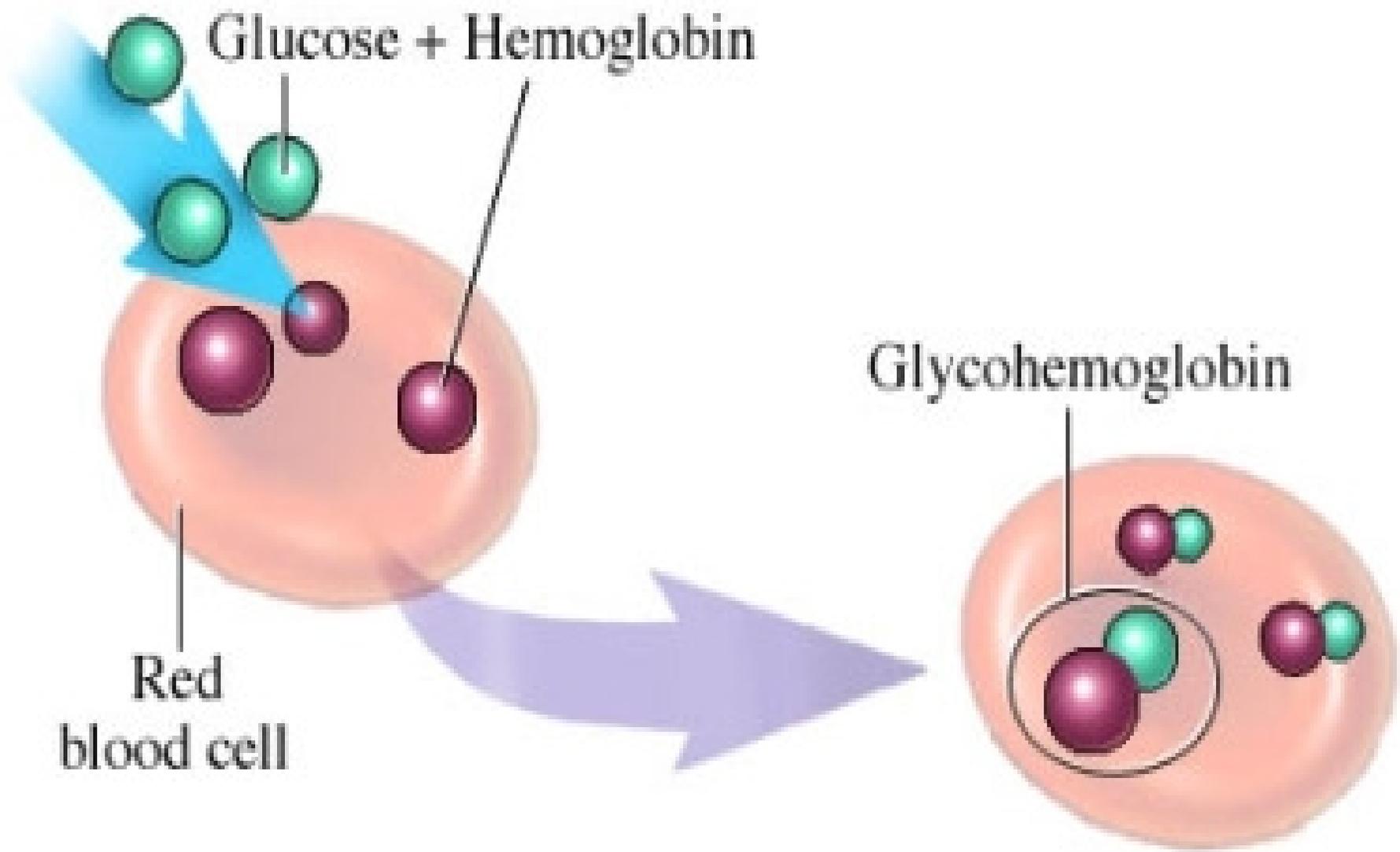






My life span is 3 months;
I will keep your glucose
level foot print.

Hemoglobin



Glycate Haemoglobin



Know Your A1c!

The blood test with a memory



poor control — more than 8

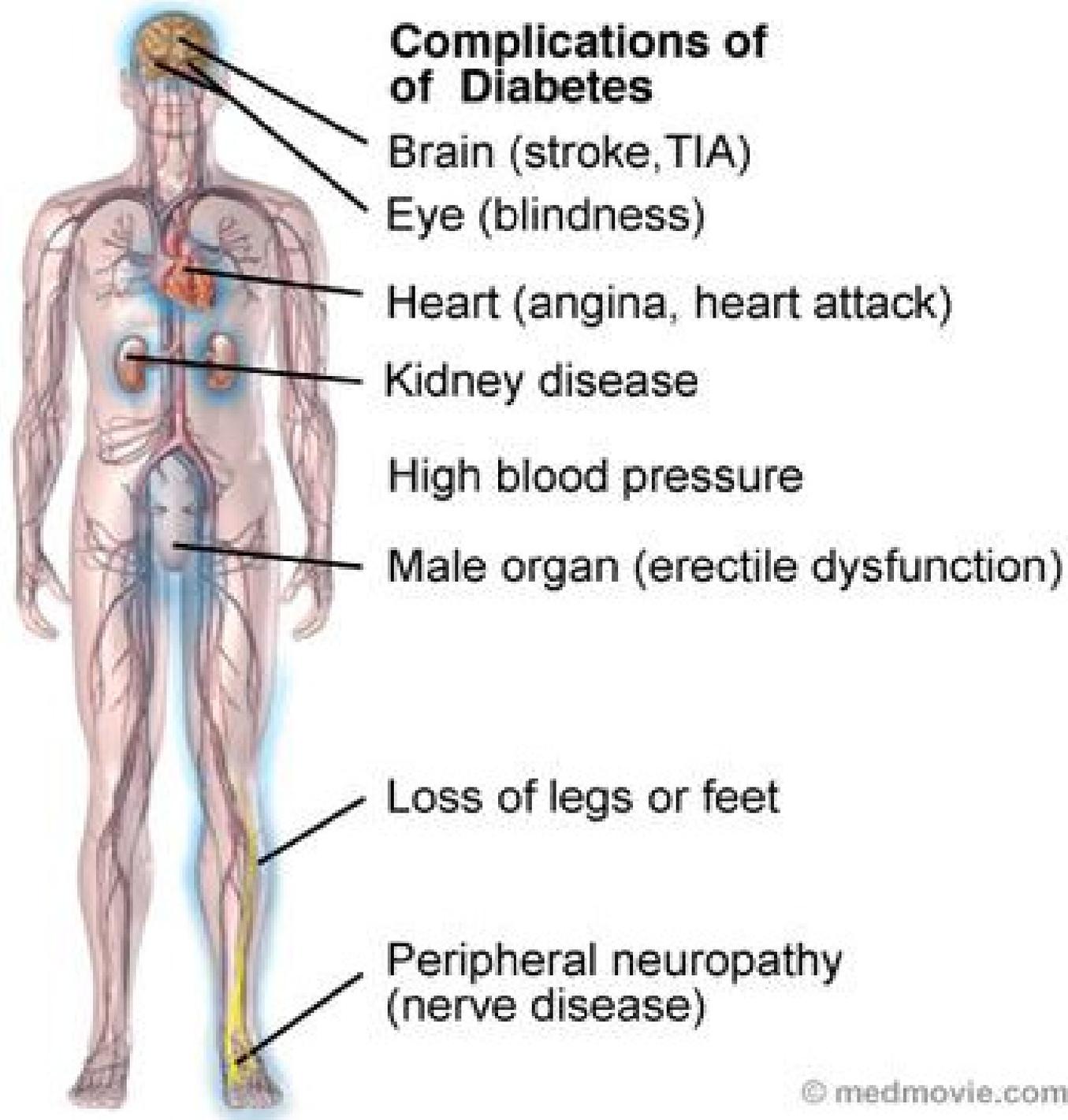
be careful — more than 7

good control — less than 7

Why should we stop
Diabetes ?

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Complications of Diabetes

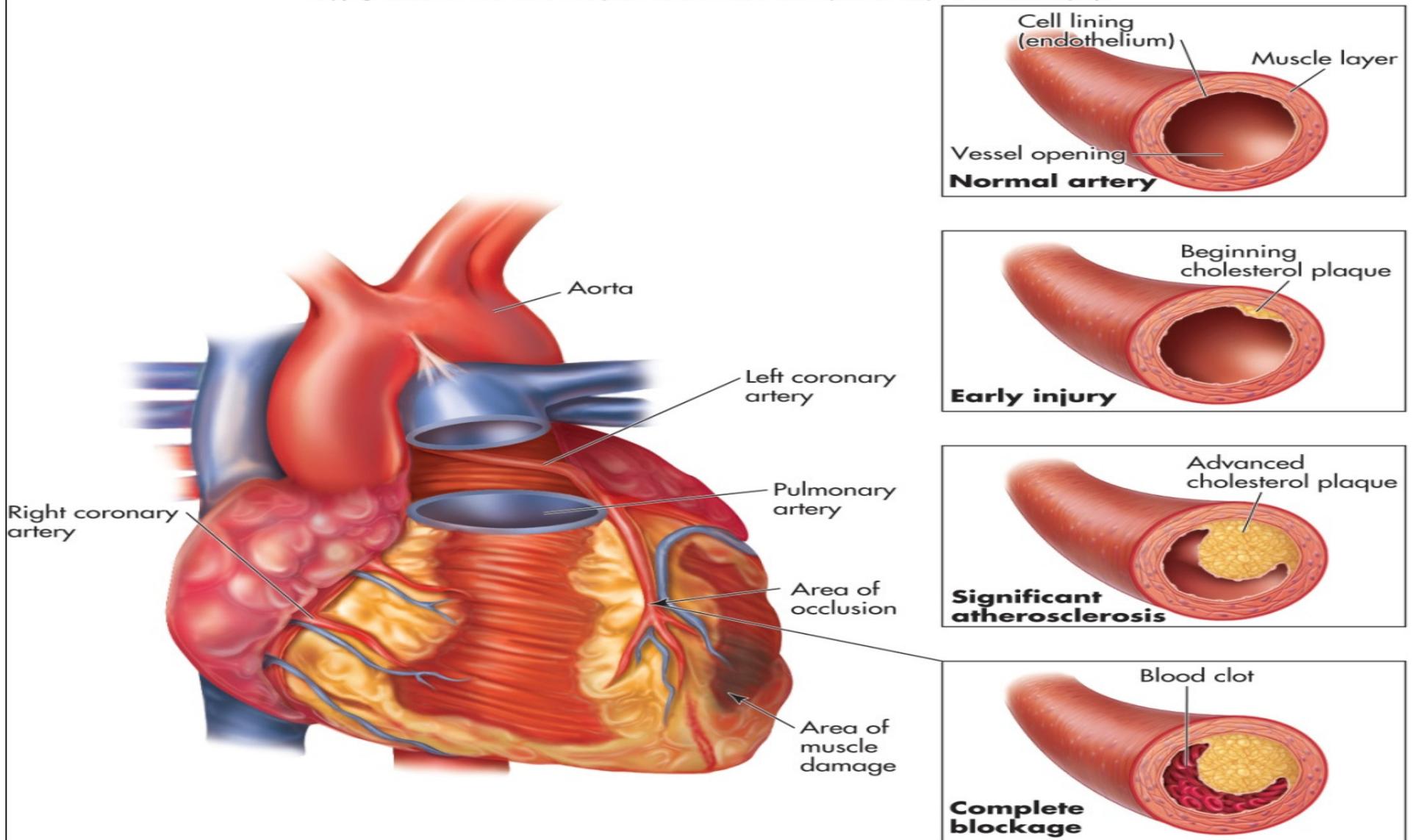


Cataract



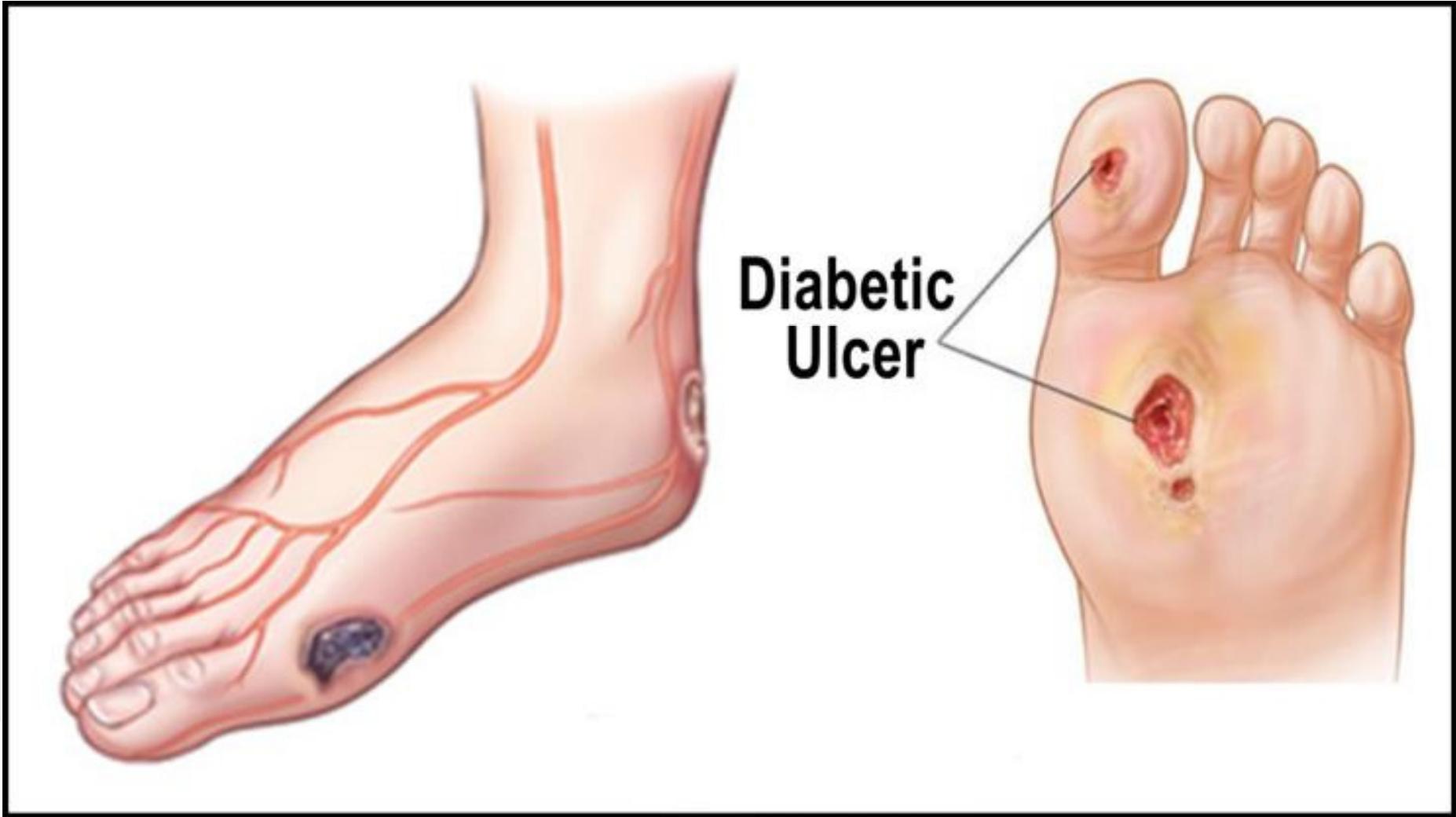
Heart Disease

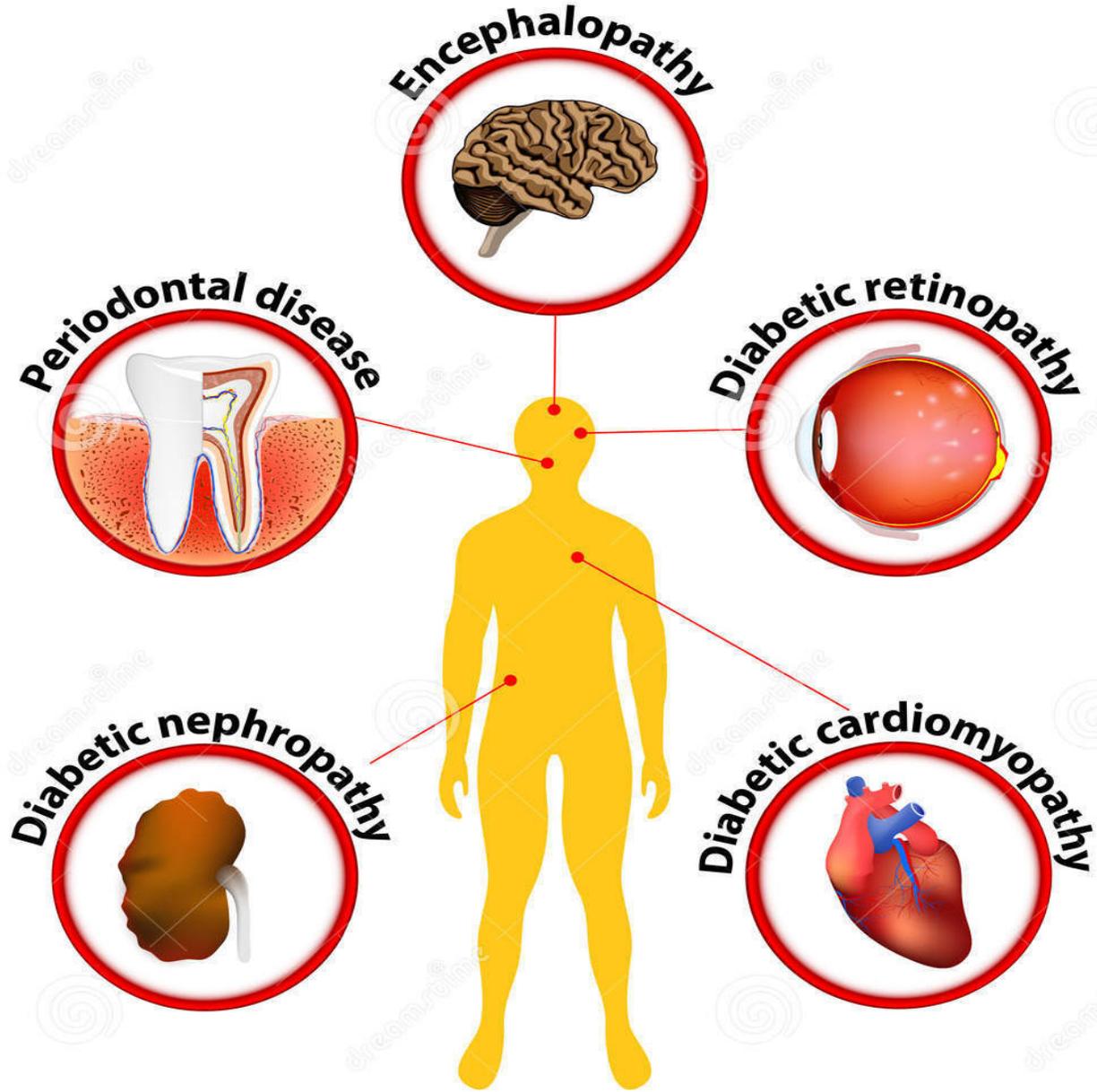
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Neuronal - Disease







DIABETES MELLITUS (Type 2)



A Winning Plan to Lower Risks for Diabetes



**Lose
Weight**



**Get
Active**

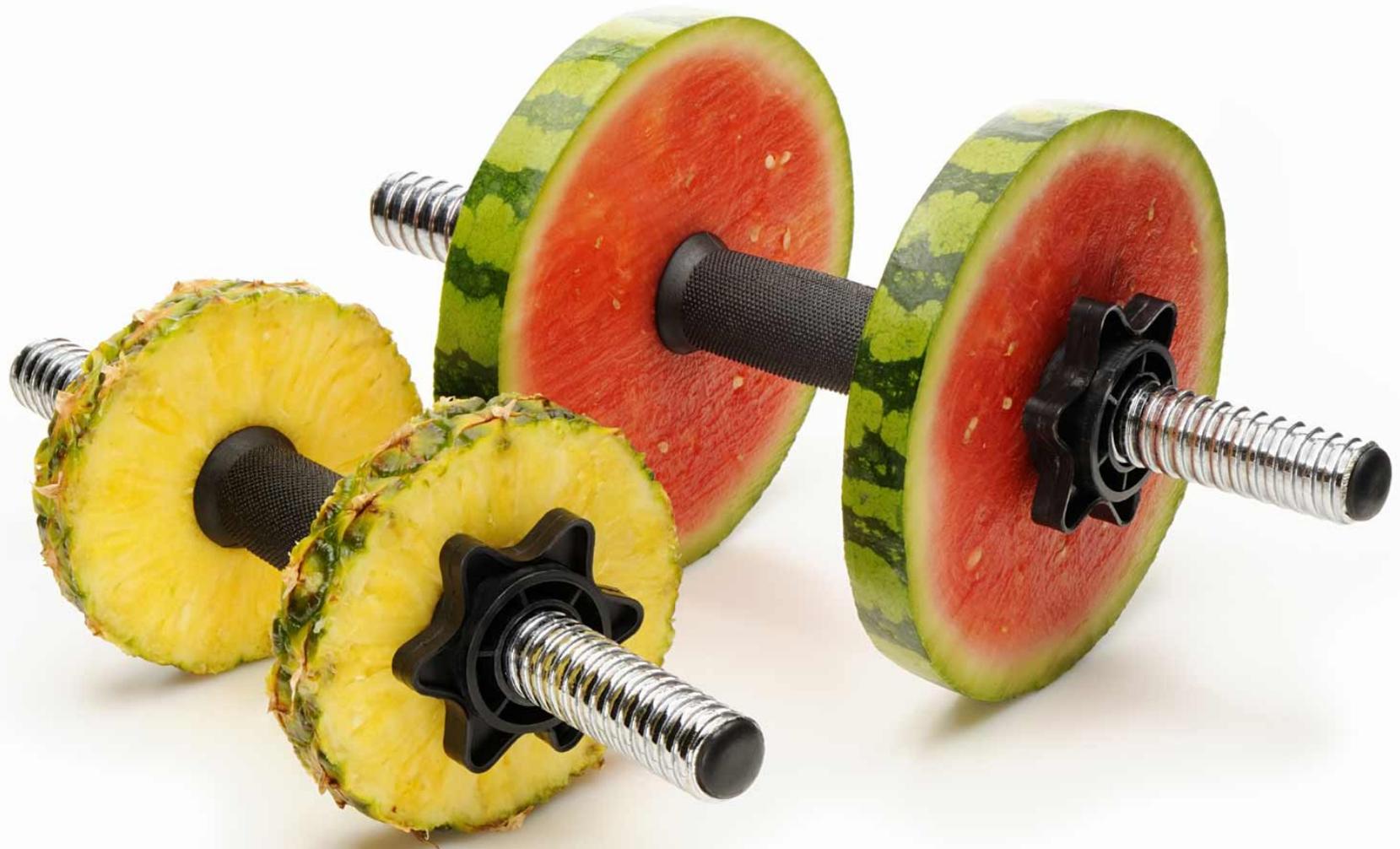


**Enjoy a heart-
healthy life**



Diabetes Prevention Plan

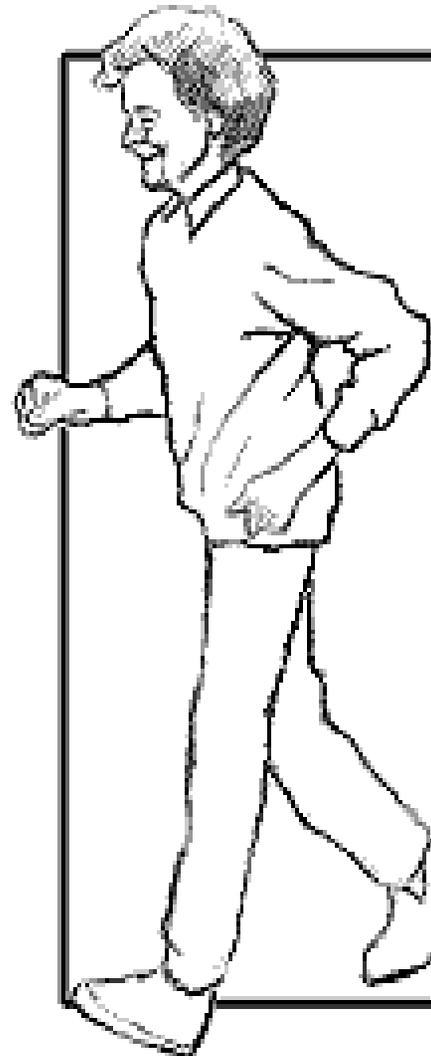






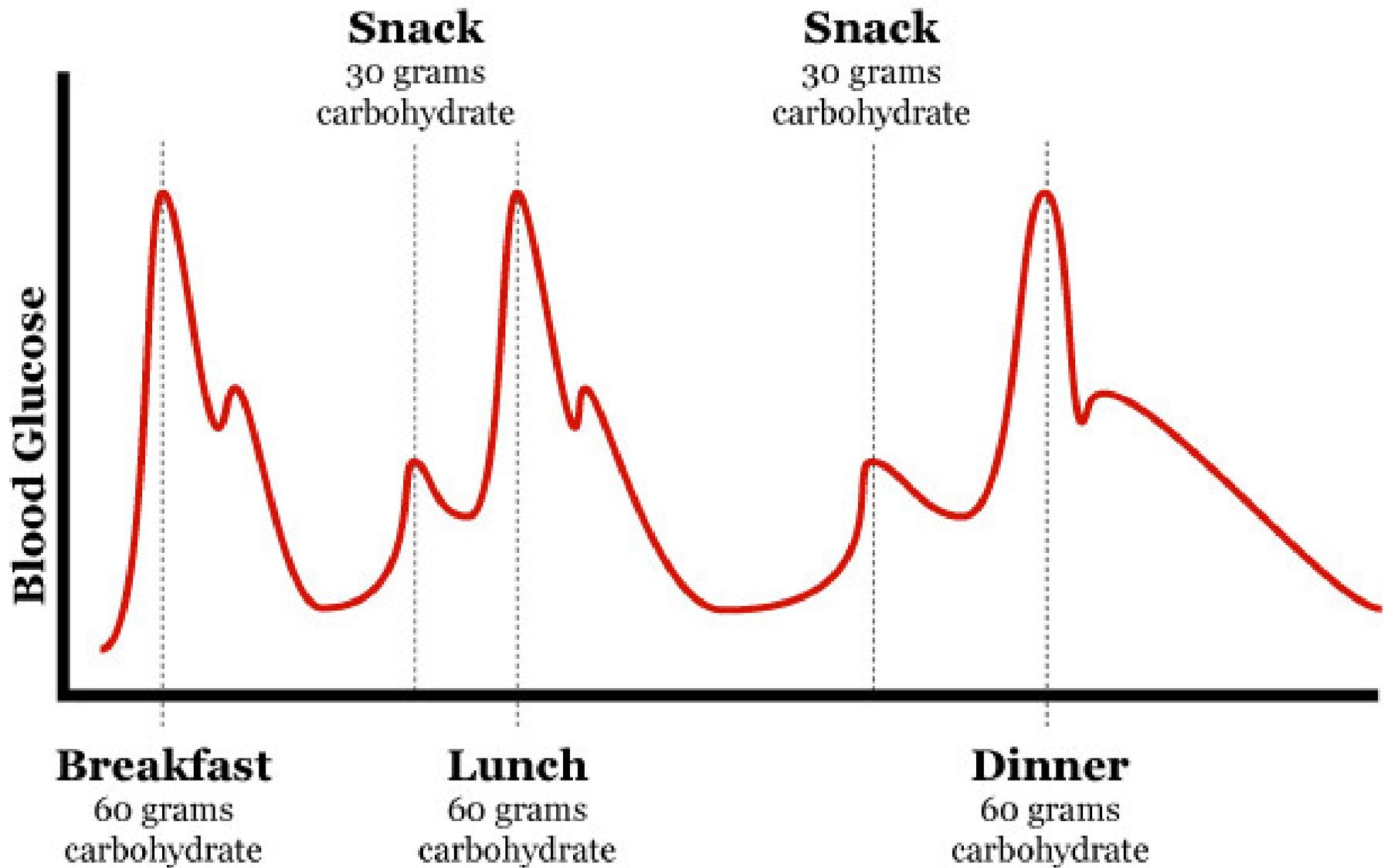
Healthy Eating

+

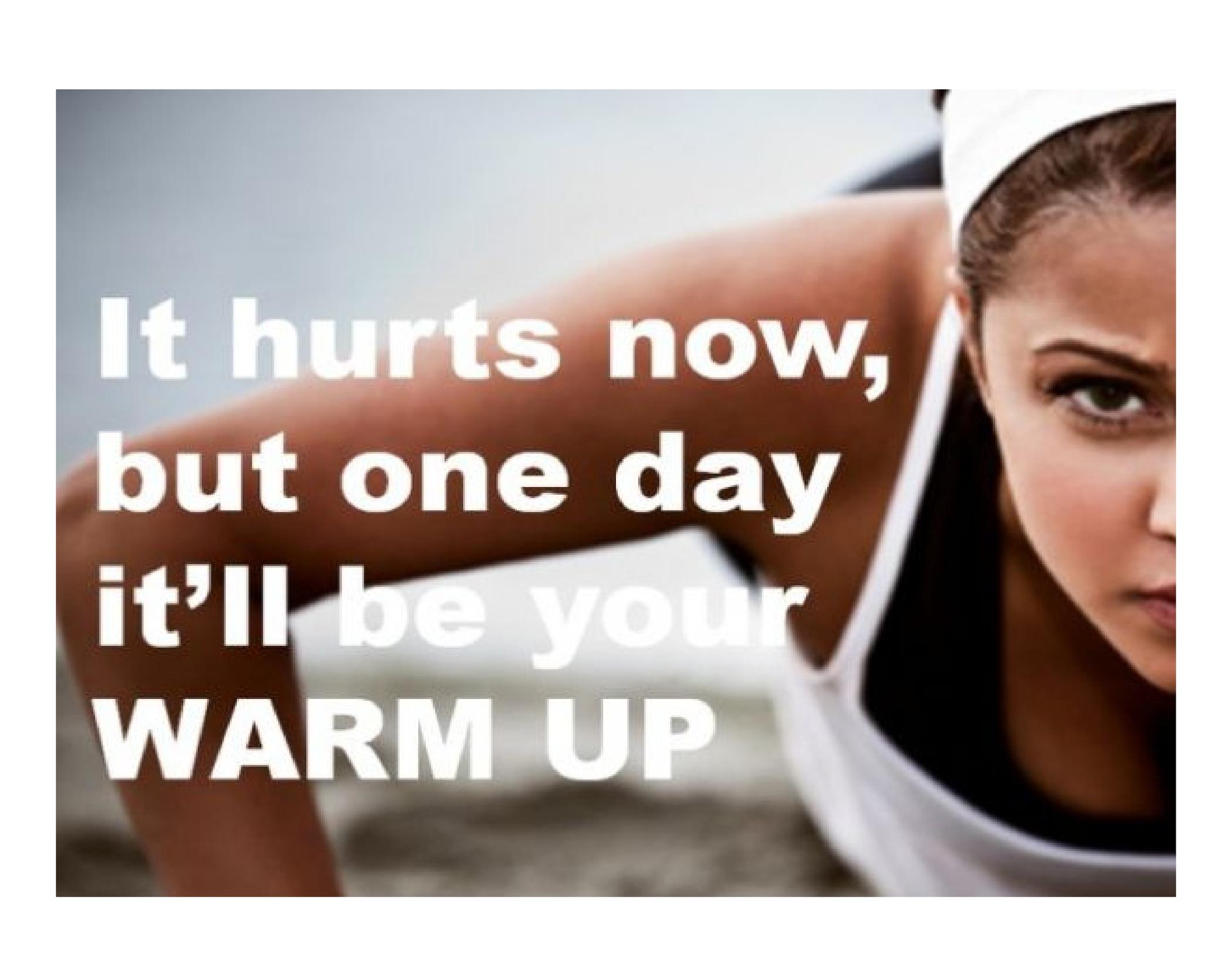


Exercise

= Diabetes Control





A close-up photograph of a woman with dark hair, wearing a white tank top, looking directly at the camera with a determined expression. Her right arm is raised and bent at the elbow, with her hand near her head, suggesting a warm-up or athletic pose. The background is a soft, out-of-focus grey.

**It hurts now,
but one day
it'll be your
WARM UP**