The exact course of the most types of diabetes is unknown. In all cases sugar builds up in the blood stream, this is because the pancreas doesn't produce enough insulin. diabetes may be caused by a combination of genetic and environmental factors.

juvenile diabetes is a chronic condition in which the pancreas produces little or no insulin. It typically happens during adolescen

SIGNS OF DIABETES

* blurred eyesight
* increased hunger
* cuts and wounds take longer to heal
* Genital inching or thrush
* being really thursty

BETTER WAYS TO MANAGE DIABETES

higher consumption of refined grains, red and processed meat and sugar sweetened beverages

Coffee, whole grains.,fruits and nuts is associated with lower risk of diabetes

RECOMMENDATION

1. make and eat healthy foods
2. taste your blood sugar often
3. take medicine as prescribed
4. learn ways to manage stress
5. go to check ups

* MAKE AND EAT HEALTHY FOOD

A diet for people living with diabetes is by ased on eating healthy foods.

* It helps to better use of insulin that the body makes or gets from medicine thus reducing high sugar accumulation example of such foods include fruits and non starchy vegetables
* BE ACTIVE MOST DAYS

being active makes your body more sensitive to insulin. Insulin is the hormone that allow cells in your body to use body sugarfor energies. This will help manage your diabetes

* TEST YOUR BLOOD SUGAR OFTEN

This helps to show if your blood sugar is higher than the range that is healthy for you

It also helps indetify the type of diabetes one has

* TAKE MEDICINE AS PRESCRIBED

The aim of treatment is to prevent the diabetes from leading to other health problems. One should always adhere to the prescription even though feeling much better

* WAYS TO MANAGE STRESS

higher levels of stress hormones might stop insulin producing cells in the pancreas from working properly and reduce the amount of insulin they make

* Go TO CHECK UP REGULARY

Checking blood glucose levels each day is an important way to manage diabetes.. The result of the blood glucose monitoring can help you make decisions about food physical activity and medicine

* EXERCISE

The goal is to get at least 150 minutes per week of moderate activities.. Try fit in at least 20 to 25 minutes of activities every day.. include activities that work all major muscles, legs, hips, back, chest, shoulders and arms