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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Four Types Of Diabetes! Which Are You?

By Melvin H.Gill

Type 1 diabetes Results from the body's failure to produce insulin, the hormone that unlocks the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5–10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Having type 1 diabetes increases your risk for many serious complications. Some complications of type 1 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy).

Type 2 diabetes Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Having type 2 diabetes increases your risk for many serious complications. Some complications of type 2 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy). Learn more about these complications and how to cope with them.

Gestational diabetes Gestational diabetes affects about 4% of all pregnant women – about 135,000 cases in the United States each year.

Because gestational diabetes can hurt you and your baby, you need to start treatment quickly. Treatment for gestational diabetes aims to keep blood glucose levels equal to those of pregnant women who don't have gestational diabetes. Treatment for gestational diabetes always includes special meal plans and scheduled physical activity. It may also include daily blood glucose testing and insulin injections. You will need help from your doctor, nurse educator, and other members of your health care team so that your treatment for gestational diabetes can be changed as needed.

For the mother-to-be, treatment for gestational diabetes helps lower the risk of a cesarean section birth that very large babies may require. Sticking with your treatment for gestational diabetes will give you a healthy pregnancy and birth, and may help your baby avoid future poor health. (see Diabetes

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Symptoms)

Pre–diabetes Pre–diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 41 million Americans who have pre–diabetes, in addition to the 20.8 million with diabetes.

7% of the population has Diabetes! Information on Diabetes Symptoms at

<http://DiabetesSymptoms.eask.info>

What is Diabetes?

By Peter Lenkefi

Diabetes is a disorder of metabolism the way our bodies use digested food for growth and energy. Most of the food we eat is broken down into glucose, the form of sugar in the blood. Glucose is the main source of fuel for the body. Diabetes causes glucose to back up in the bloodstream. As more and more glucose remains in the bloodstream blood glucose or blood sugar levels can rise too high.

There are two major types of diabetes. Consider the following information as it relates to both type 1 diabetes and type 2 diabetes. In type 1 diabetes (also called juvenile–onset diabetes or insulin–dependent diabetes), the body completely stops producing any insulin. Insulin is a hormone that enables the body to use glucose to produce energy. Sufferers of type 1 diabetes must take daily insulin injections in order to survive. Type 1 diabetes usually develops in children or young adults; however, it can occur at any age. Type 2 diabetes (also called adult–onset diabetes or non insulin–dependent diabetes) results when the body doesn't produce enough insulin and/or is unable to use insulin properly. Type 2 diabetes happens when your body either cannot produce enough insulin or does not use the insulin it makes properly. Insulin is a hormone produced by the pancreas. Many of the foods we eat such as bread, potatoes, rice, pasta and fruit are converted into sugar and give us the energy we need to maintain life. Insulin gets the sugar into the cells. Diabetes is a life–long condition. High blood glucose levels over a long period of time can cause blindness, heart disease, kidney problems, and amputations. Good diabetes care and management can prevent or delay the onset of these complications.

To manage your diabetes well, it is very important that you:

Don't smoke

Keep your blood glucose levels in your target range

Keep your cholesterol and other blood fats in your target range

Keep your weight in a healthy range

Keep your blood pressure close to target level

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Take your medication as prescribed

For more more information about diabetes please visit

<http://www.diabetes-help.biz>



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