

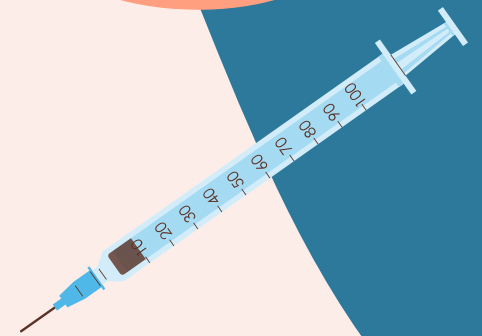
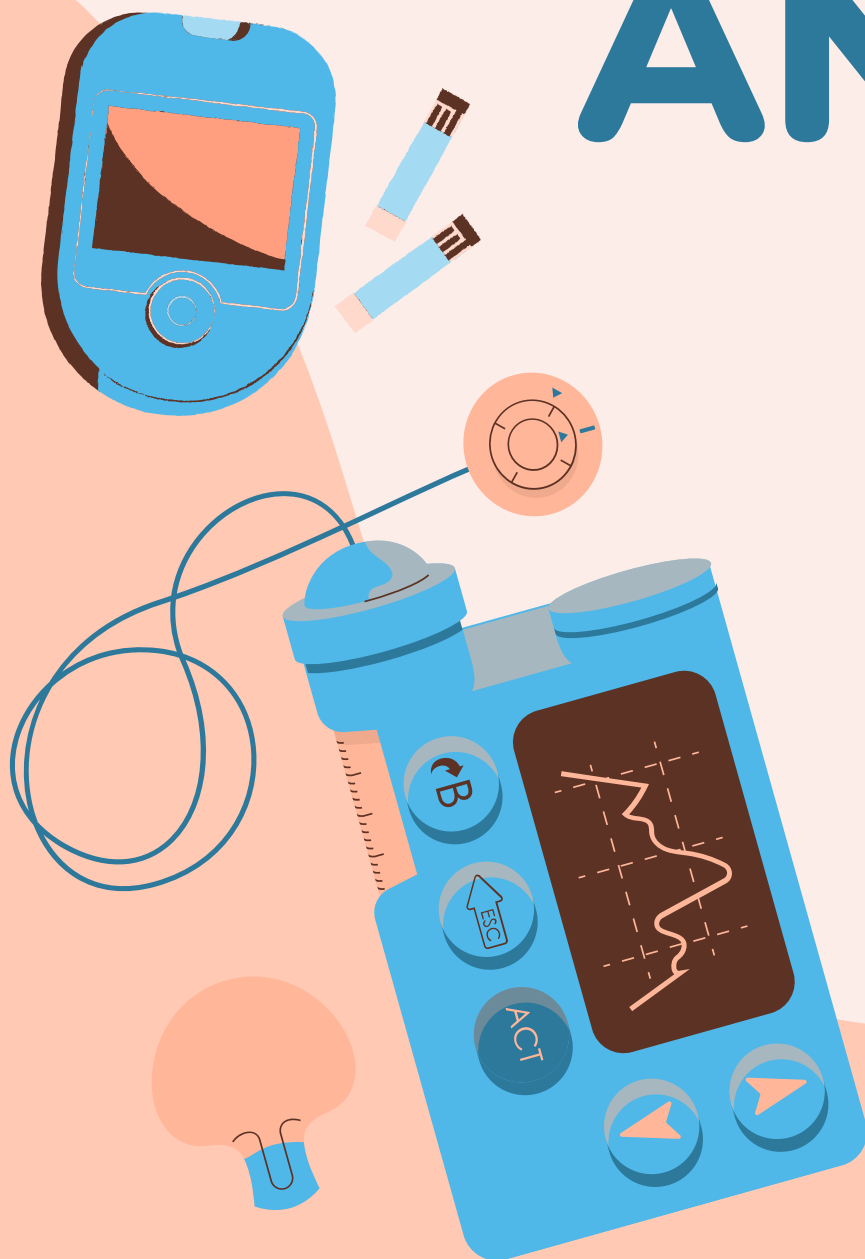


*Doctors Appointment*  
TELEHEALTH AND TELEMEDICINE



# AN INTRODUCTION TO DIABETES

Created by: Doctors Explain



**DOCTORS EXPLAIN**  
DIGITAL HEALTH CO. LTD.

# TODAY'S AGENDA

- Help answer your questions about diabetes.
- Explain different types of diabetes.
- Explain high blood sugar levels.
- Outline how you can manage your diabetes.

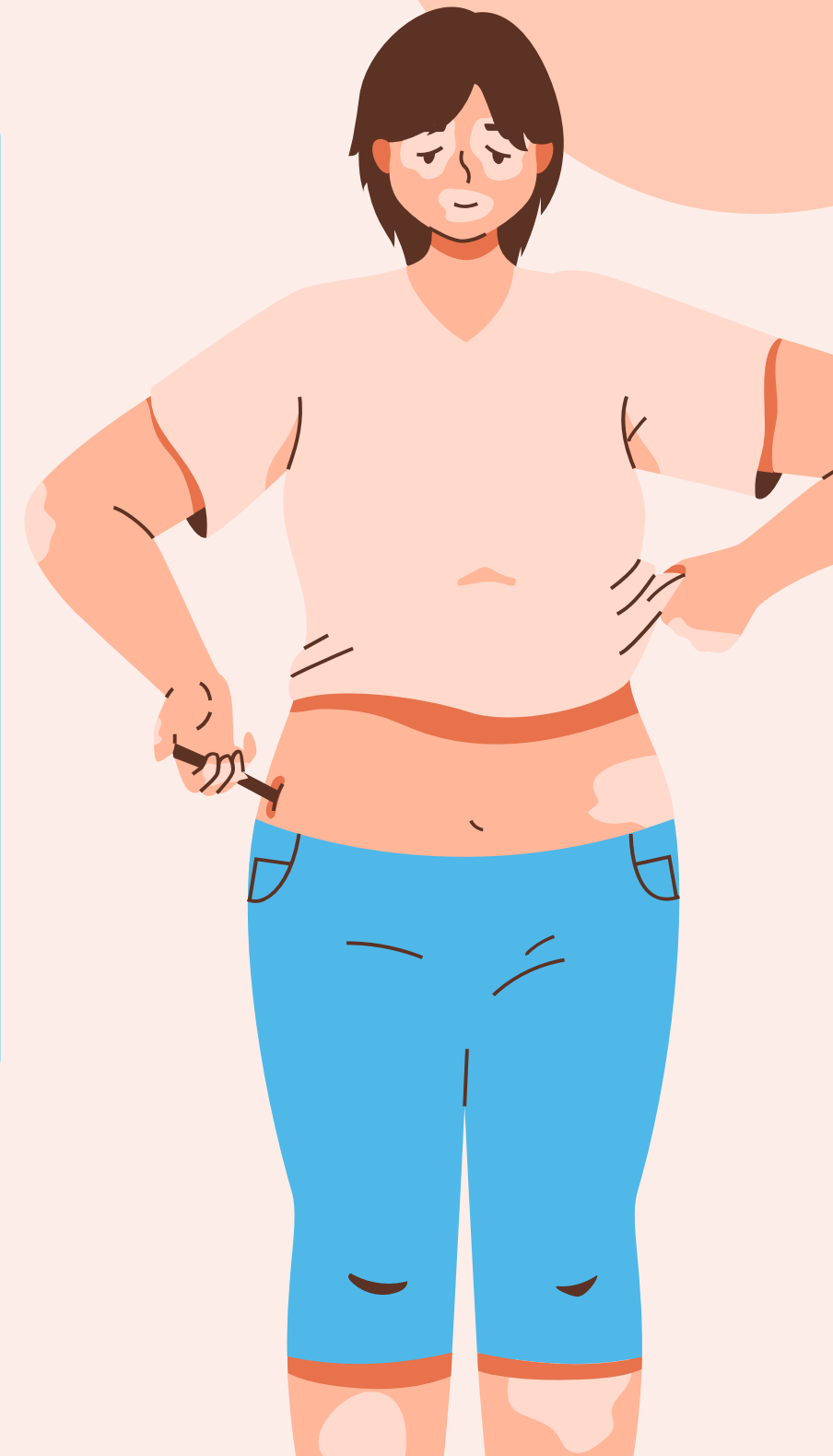
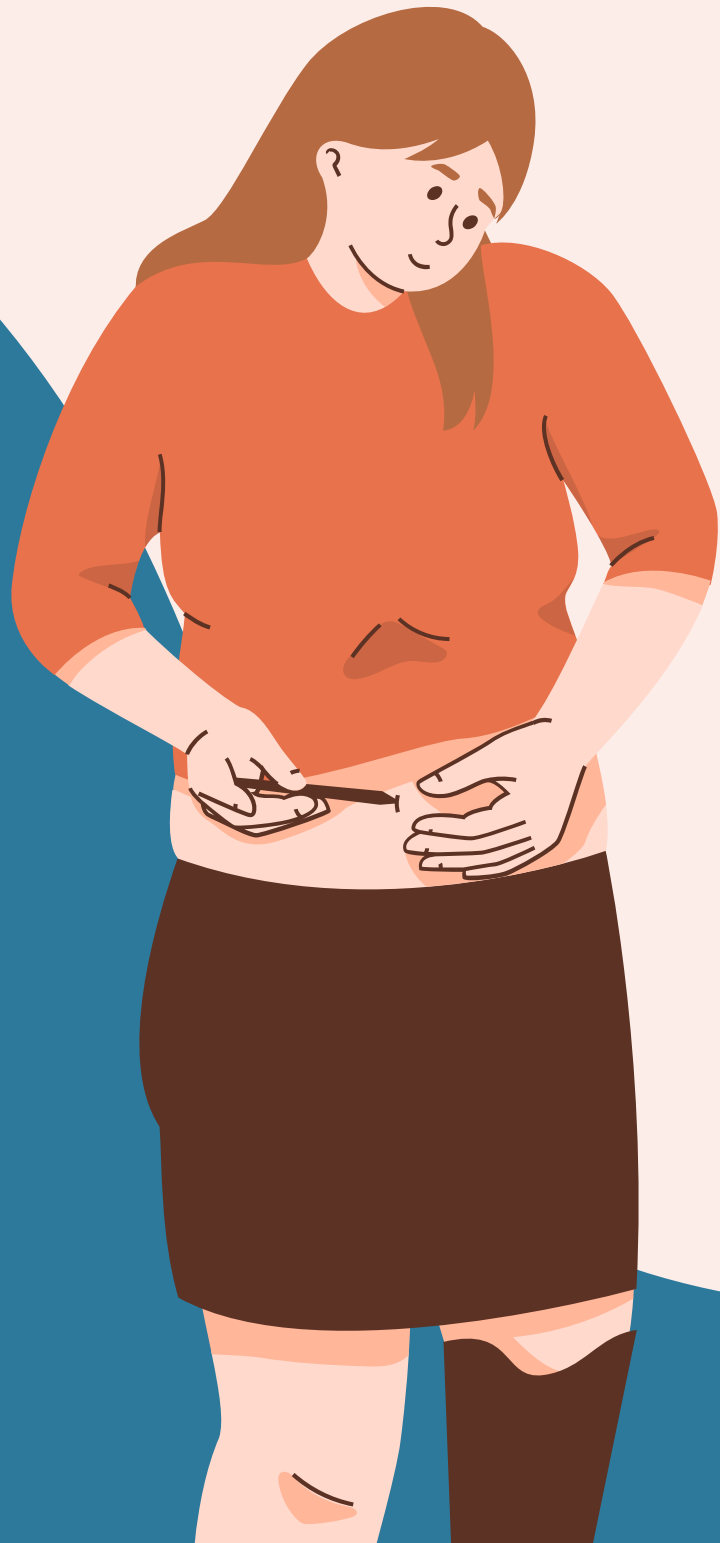


# ABOUT OUR COMPANY

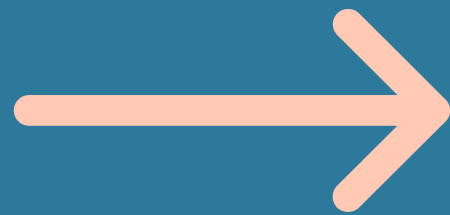
With a commitment to accessibility, quality, and convenience, we're reshaping the future of healthcare delivery.

# WHAT IS DIABETES?

Diabetes is a chronic health condition characterized by high levels of glucose (sugar) in the blood. It occurs when the body either does not produce enough insulin or cannot effectively use the insulin it produces. Insulin is a hormone produced by the pancreas that regulates blood glucose levels by facilitating the uptake of glucose into cells for energy.

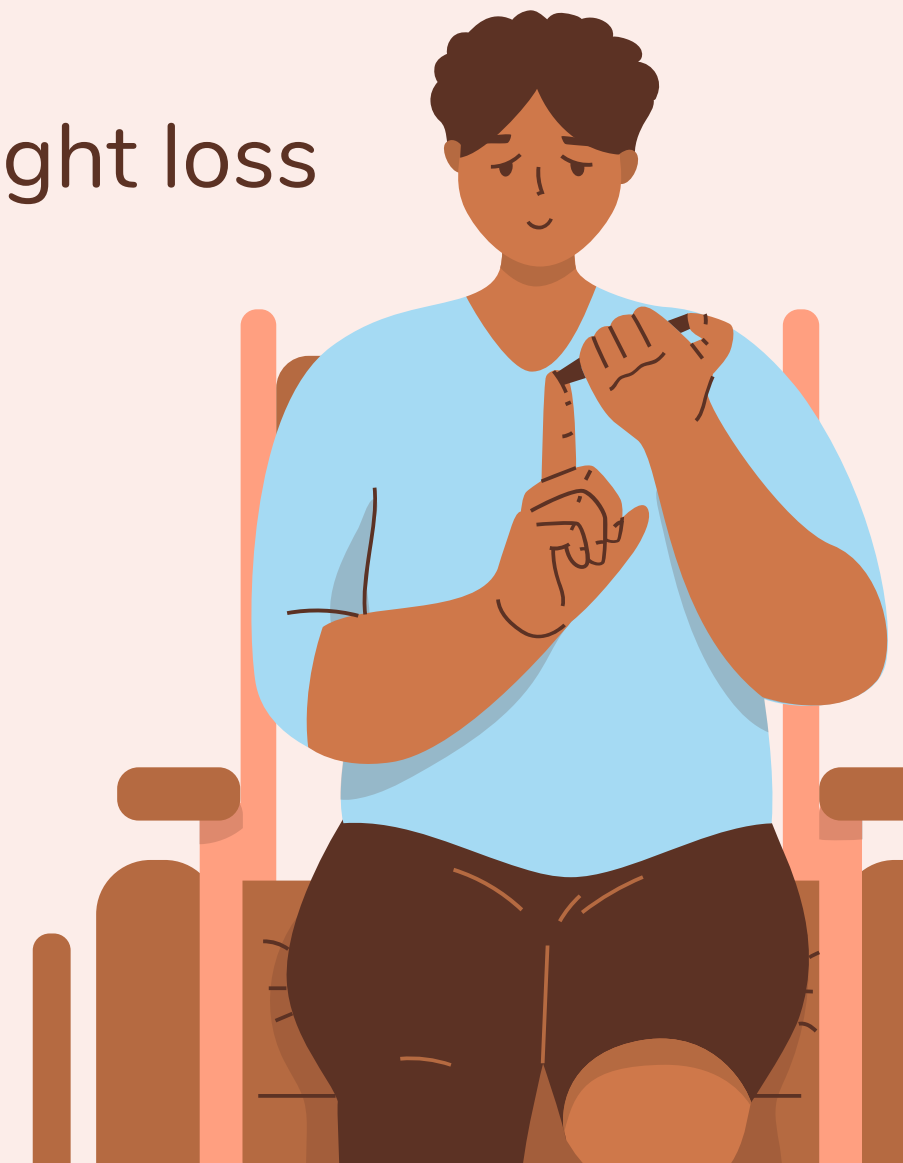


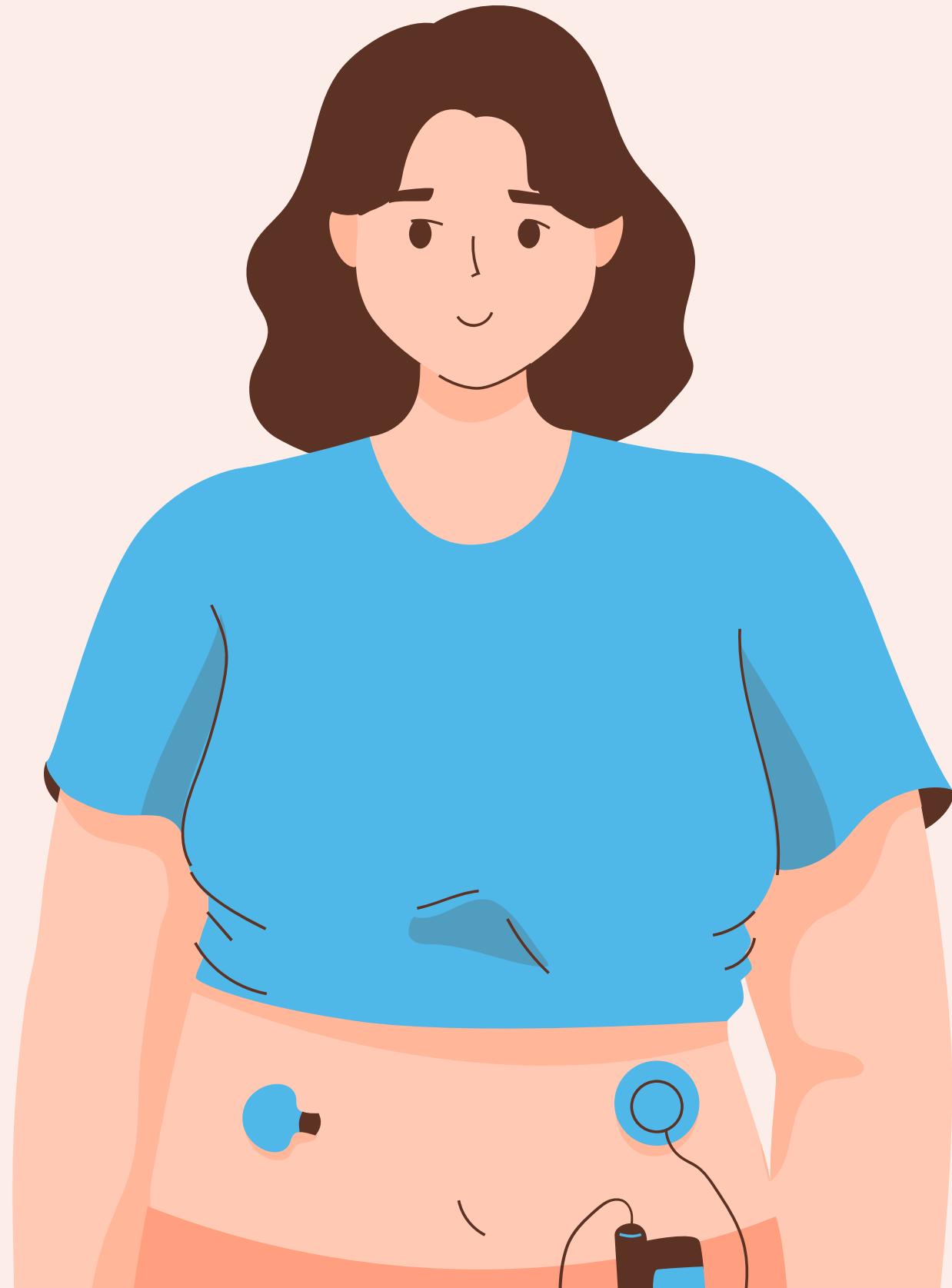
# WHAT ARE THE SIGNS AND SYMPTOMS OF DIABETES?



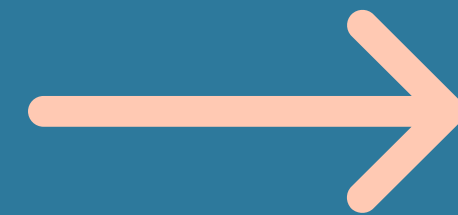
# You may be diagnosed with diabetes after you go to your doctor because:

- Blurred vision
- Slow-healing sores
- Tingling or numbness in hands or feet
- Dry mouth and itchy skin
- Irritability and mood changes
- Frequent urination
- Increased thirst
- Extreme hunger
- Unexplained weight loss
- Fatigue





# WHAT ARE THE DIFFERENT TYPES OF DIABETES?



## Type 1

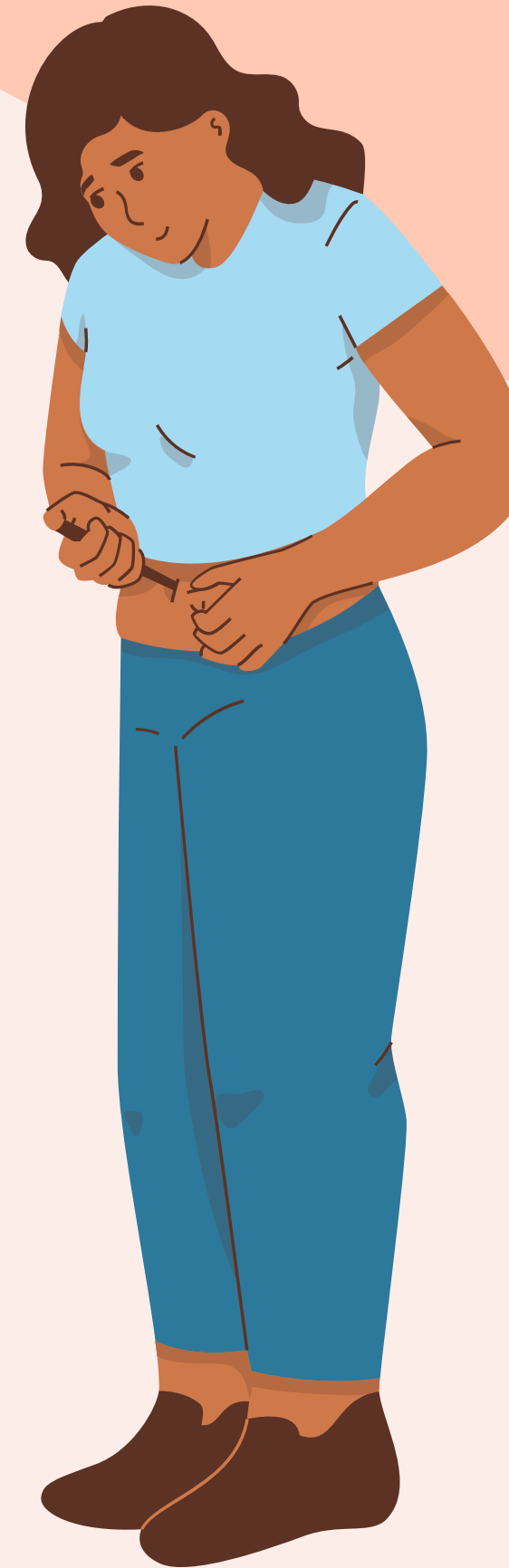
Type 1 diabetes is an autoimmune condition in which the body's immune system attacks and destroys the insulin-producing beta cells in the pancreas

## Type 2

Type 2 diabetes is a metabolic disorder characterized by insulin resistance, where the body's cells do not respond effectively to insulin

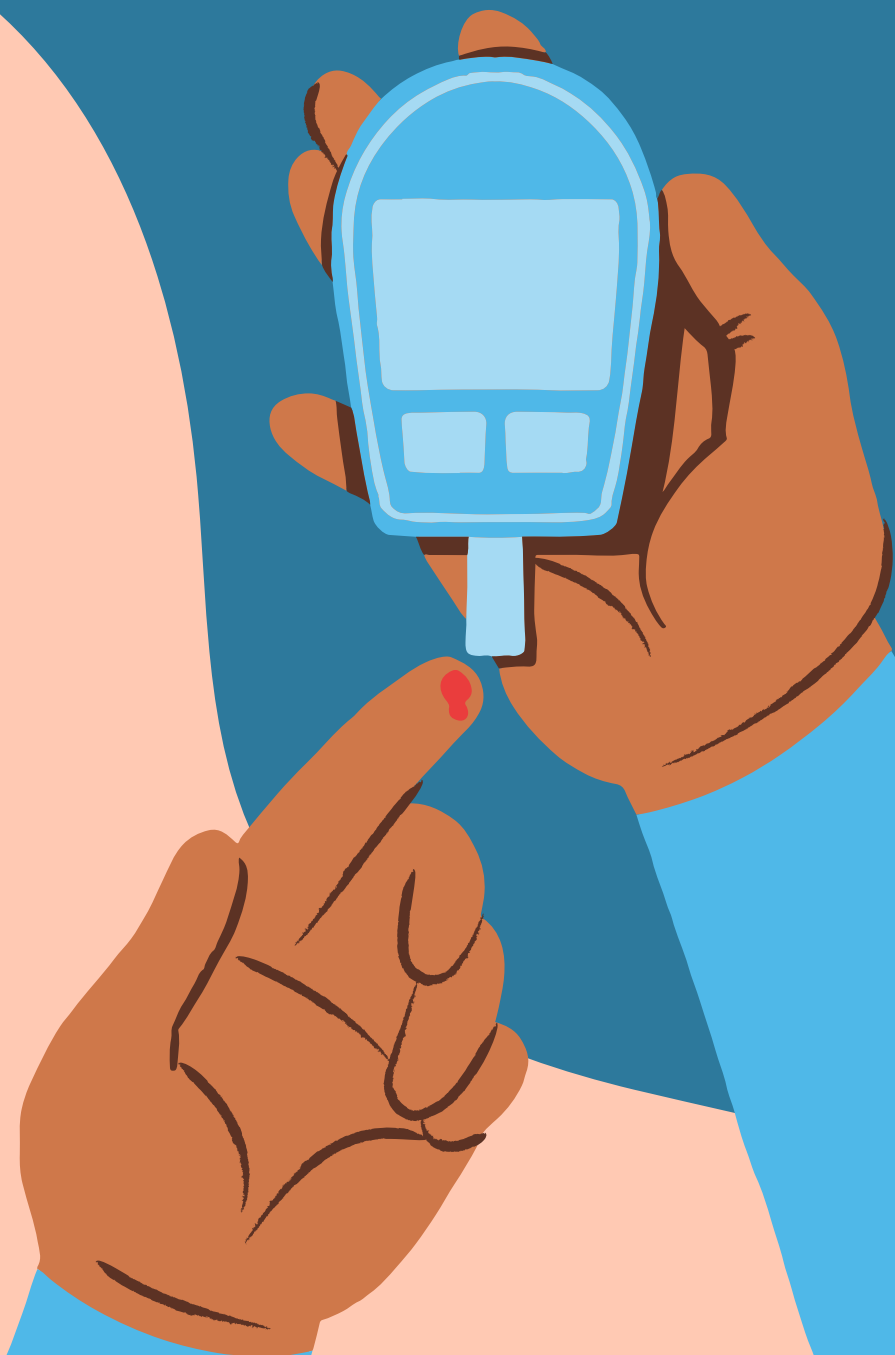
## Gestational Diabetes

Gestational diabetes is a temporary form of diabetes that occurs during pregnancy.



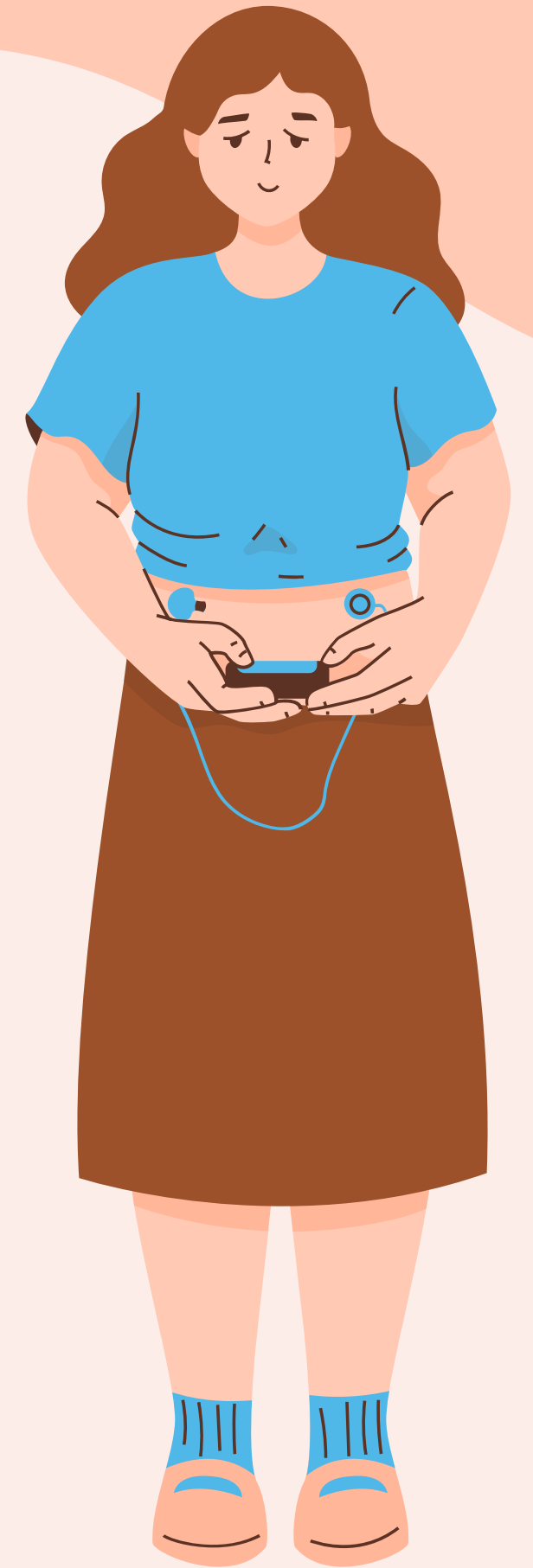
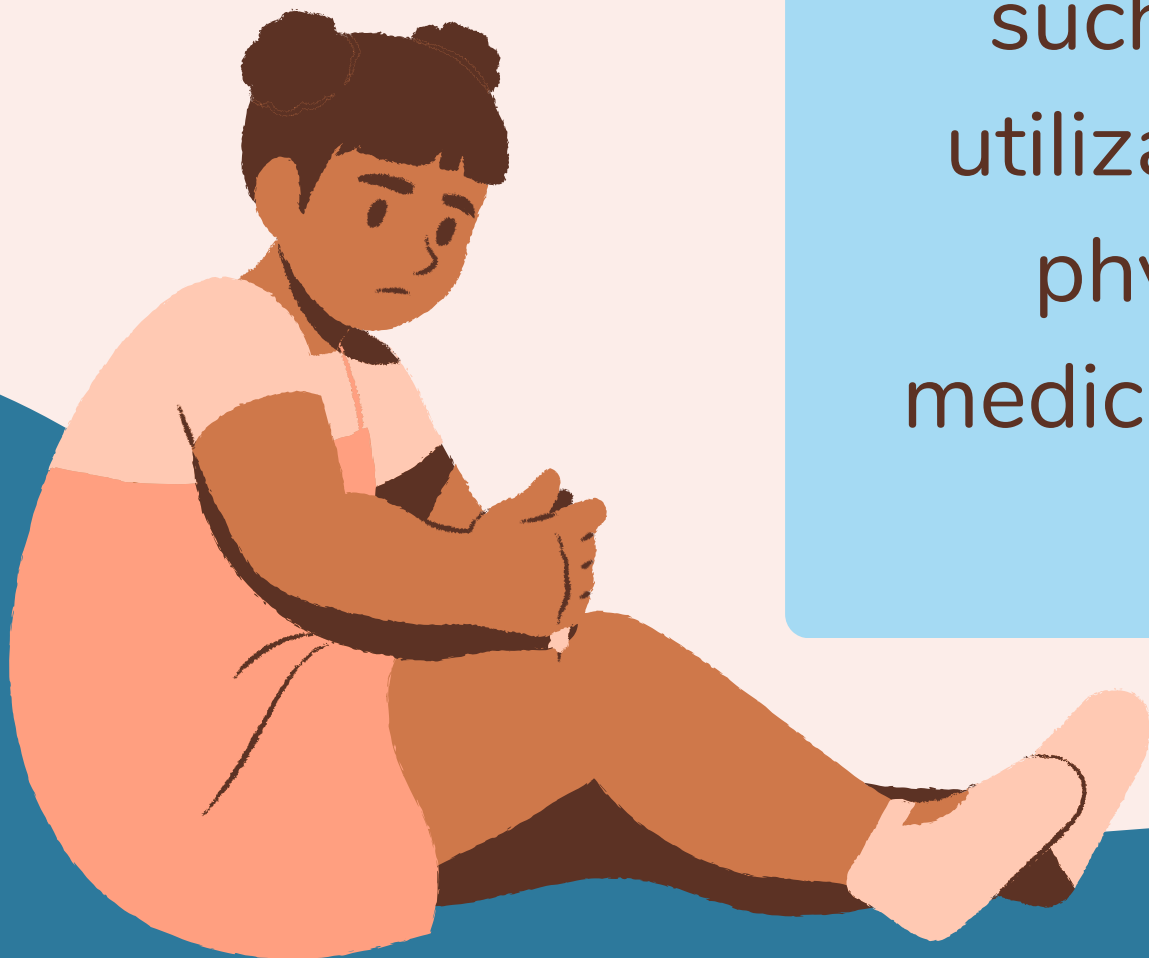
# WHAT ARE HIGH BLOOD SUGAR LEVELS?

High blood sugar levels, also known as hyperglycemia, occur when there is too much glucose (sugar) in the bloodstream.



# WHAT CAUSES HIGH BLOOD SUGAR LEVELS?

High blood sugar levels can result from factors such as inadequate insulin production or utilization, unhealthy dietary habits, lack of physical activity, stress, illness, certain medications, or underlying health conditions.



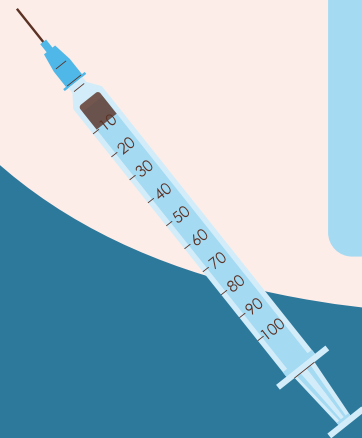
# WHAT SHOULD BE YOUR IDEAL BLOOD SUGAR LEVEL?

Your ideal blood sugar level should typically be between 80-130 mg/dL before meals and less than 180 mg/dL two hours after starting a meal.



# WHEN SHOULD YOU DO YOUR BLOOD TESTS?

You should do your blood tests as advised by your healthcare provider, typically before meals, after fasting for several hours, and as directed based on your individual health needs and treatment plan.



# WHAT TYPE OF DIET SHOULD YOU EAT?

People with diabetes should follow a balanced diet that focuses on whole grains, fruits, vegetables, lean proteins, and healthy fats, while monitoring carbohydrate intake and portion sizes to help manage blood sugar levels effectively.



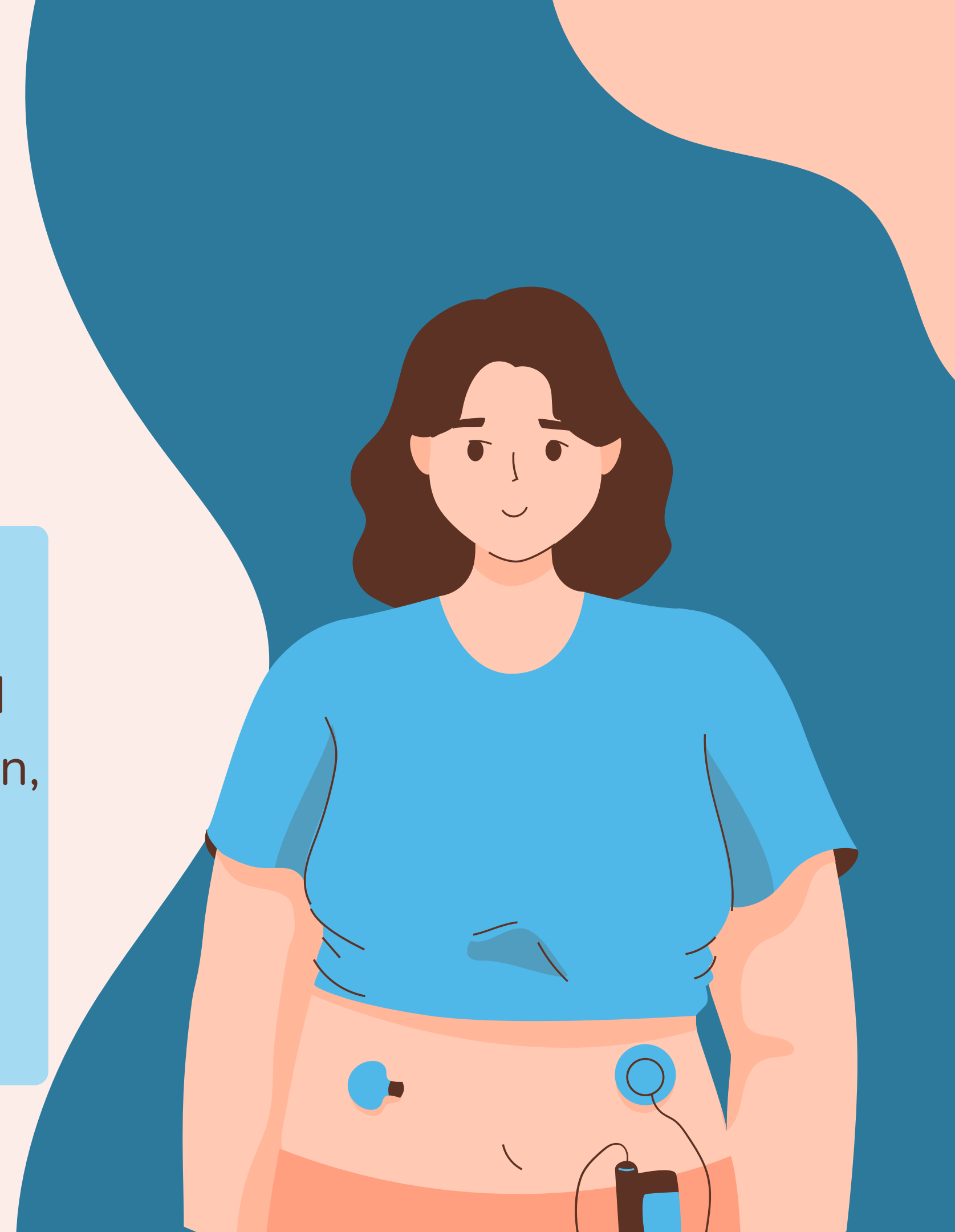
# WHAT ABOUT SPORTS AND EXERCISE?

Exercise can help manage diabetes by improving insulin sensitivity, lowering blood sugar levels, promoting weight loss, reducing the risk of cardiovascular complications, and enhancing overall health and well-being.



# WHAT TYPES OF MEDICATION WILL YOU NEED?

The types of medication you may need for diabetes management depend on the type and severity of your condition and may include insulin, oral medications like metformin, sulfonylureas, DPP-4 inhibitors, SGLT2 inhibitors, or GLP-1 receptor agonists, among others.





# THANK YOU!

Thank you so much for watching our presentation! Do you have any questions, comments, or suggestions?

# GET IN TOUCH

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