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What is Diabetes?



What is diabetes?

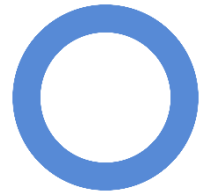
Diabetes occurs when the pancreas fails to produce insulin partially or completely or when there is resistance to the action of insulin. The normal blood sugar level is 80-120 mg / dL. Diabetes is confirmed when the result of the laboratory analysis is 126 mg / dL for the fasting person or more than 200 mg / dL for non-fasting person.



What are diabetes types?

- **Type 1 diabetes.**

It is insulin-dependent diabetes that appears at an **early age or childhood** due to the failure of the pancreas to produce insulin and is treated with insulin injections.



- **Type 2 diabetes.**

It is non-insulin-dependent diabetes that affects **the elderly**, especially those who are **overweight**, and it is treated by **diet** or the use of some types of pills. The patient may need insulin when treatment with pills fails.



What are diabetes types?

Other types:

- Gestational diabetes.

It occurs during pregnancy and is caused by the effect of hormones secreted from the placenta.

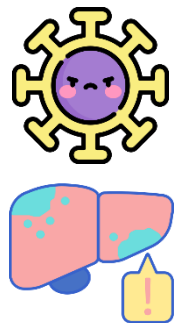
This type usually disappears immediately after childbirth, and it is possible for a

woman to become infected with the second type in the future.



- Diabetes associated with some diseases.

It occurs as a result of diseases affecting the pancreas and liver, or as a result of the use of some drugs that lead to high blood sugar levels, and there are many other causes.



What are the causes of diabetes?

There is no known cause, but several factors help speed getting the disease, including:

- Heredity, especially the second type.



- Weight gain and lack of physical activity.



- Unhealthy eating habits.



- Psychological stress.



- Some drugs affecting the pancreas.



Who are the people most at risk of developing diabetes?

Those with close relatives who have diabetes



Their weight is abnormal



Those over forty years old



A woman who gave birth to a four and a half kilograms child or had gestational diabetes.



What are the symptoms of diabetes?

Frequent urination



Excessive thirst



Weight loss



Extreme hunger



Nausea and vomiting



Blurred vision



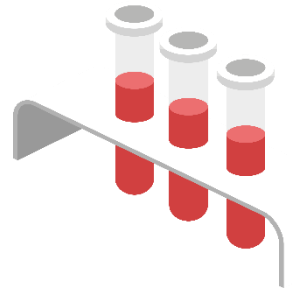
Irritability, fatigue, and general weakness



How is diabetes Diagnosed?

Diabetes is diagnosed through clinical symptoms and laboratory examination:

1. **Clinical symptoms:** frequent urination, thirst, emaciation, weight loss, increased appetite, fatigue, wound failure, recurrent infections.



2. **Laboratory test:** The normal blood sugar level is 100 mg / dL (70-110 mg / dL). If the blood sugar level is higher than 126 mg / dl in fasting case for two consecutive times or above than 7 mmol/L, or if the random blood sugar test (200 mg / dL or above, 11.1 mmol / L por above), then patient is diagnosed diabetic.

How is diabetes Diagnosed?

3. Detected sugar in urine.

4. Fasting blood sugar test

5. Hemoglobin A1C test

Sources and References:

American Diabetes Association, ADA

Review and Audit:

The content of this booklet is reviewed by
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Health Awareness Unit

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