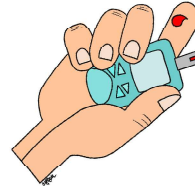


DIABETES AND SICKNESS

WHAT IS DIABETES?

Diabetes is a **chronic disease** that develops due to the **pancreas not producing enough insulin** or the **body not being able to use insulin effectively**. There are two types.



WHAT IS INSULIN?

Insulin is the hormone that **regulates your blood glucose, a.k.a blood sugar**, which gives you energy.

TYPE 1 VS. TYPE 2

TYPE 1

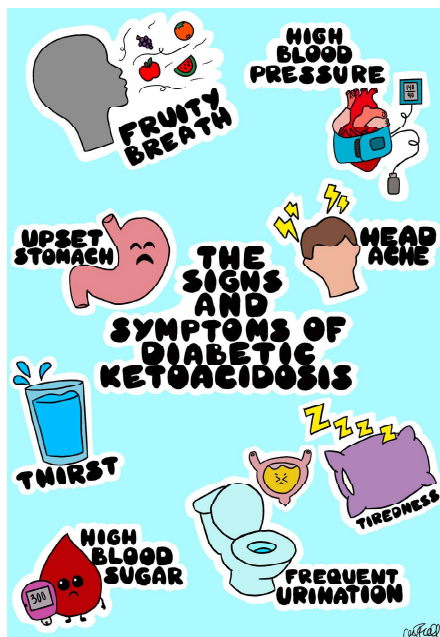
Type 1 diabetes is due to your **pancreas not** being able to **produce enough insulin** to support your body. The cause of is unknown.

TYPE 2

Type 2 diabetes happens because your **body stops using the insulin** the way it should, causing glucose to build up in your blood. Type 2 is preventable. It is the **most common** form of diabetes.

WHAT HAPPENS WHEN I GET SICK?

When you are sick, diabetes makes your body work harder to recover. During sickness, your body is under a lot of stress. The release of **epinephrine** helps calm your body. It also provides your body with more energy than it needs so your blood glucose levels rise. Your pancreas has a tough time making enough insulin to lower your blood glucose, so your body turns to fat to get energy that it needs. This causes the release of **ketones**, which are harmful to your body. And it can cause the dangerous condition called **diabetic ketoacidosis, or DKA**.



WHAT IS DIABETIC KETOACIDOSIS?

DKA is **uncontrolled hyperglycemia**, which is **high blood glucose**. It is **life-threatening**. And, is one of the things to look out for when you have diabetes and get sick. If your body does not get enough insulin to break down blood glucose, acids called **ketones** build up in the blood. A buildup of ketones can be deadly. Your body may try to fight DKA by activating your immune system. This, however, results in more harm because it can cause **damage to your brain**. Thus, take the time to learn the signs and symptoms of DKA and when to call your doctor.

SIGNS AND SYMPTOMS

- Thirst
- Going to the Bathroom Often
- Fruity-smelling Breath
- High Blood Pressure
- Headache
- High Blood Sugars
- Constantly Tired
- Upset Stomach/Nausea
- High Level of Ketones in Urine
- Confusion

