
November 14th is World Diabetes Day! (Wear blue)

What is Diabetes?

Diabetes is a metabolic disorder in which the pancreas either stops producing insulin or the cells of the body stops responding properly to the insulin that is produced. These result in high blood sugar levels.

There are a few types of Diabetes. The main three types are:

Type 1 DM is caused by the failure to produce insulin by the pancreas. This type is also referred to as insulin-dependent diabetes mellitus (IDDM) or juvenile diabetes. Type 1 Diabetes is not caused by eating too much sugar nor is it preventable.

Type 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly. Type 2 DM was previously referred to as non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. Most commonly caused by lifestyle, excessive body weight and not enough exercise.

Gestational diabetes is the third most common type and occurs when women without a previous history of diabetes develop high blood sugar levels, while pregnant.

Symptoms of high blood sugar include:

- frequent urination
- increased thirst
- increased hunger
- blurry vision
- fatigue
- slow healing cuts and itchy skin



If left untreated, diabetes can cause many complications. Persons with diabetes face cardiovascular risk 2x the risk of persons without diabetes. Nerve damage, risk of strokes and kidney damage are also complications persons with diabetes may face.

[Recognizing symptoms early and good control of blood sugars decreases long term complications of diabetes.](#)

Persons 40 years old and older as well as persons considered high risk using a risk calculator should be screened every 3 years. For more information on Diabetes, please visit your PCN nurse, Vanessa, at the Bow Island Medical Clinic or call (403)545-2244 to book an appointment with her.