

Different Types of Diabetes

Type 1 Diabetes

Type 1 Diabetes, in the past was referred to as juvenile or insulin dependent diabetes. This form of diabetes occurs when the body does not produce any insulin. It is usually diagnosed in early adulthood or teenage years but can be diagnosed anytime before the age of 40.

Type 2 Diabetes

Type 2 Diabetes, is the most common form of diabetes and occurs when the body does not produce enough insulin or the cells in the body become insulin resistant therefore not allowing cells to use glucose to function properly.

According to *Medical News Today* approximately "90% of all diabetes cases worldwide are Type 2 Diabetes". Adults and teens that are overweight or obese have an increased risk of developing Type 2 Diabetes. Also as we get older our chance of becoming Type 2 Diabetic increases. Type 2 Diabetes can be controlled through proper diet and exercise and most importantly by avoiding foods with high sugar levels. Researchers from Imperial College London reported in the journal *Diabetologia* that drinking just one can of (non-diet) pop per day can raise the risk of developing Type 2 Diabetes by 22%

Gestational Diabetes

Women diagnosed with gestational diabetes are 7 times more likely to develop diabetes later in life. During pregnancy some women will develop very high levels of glucose in their blood while their bodies can't produce enough insulin to transport the glucose into the cells. The high levels of glucose can increase the risk of complications during childbirth and need to be monitored closely.

Preventing and Controlling Diabetes

Although there is no cure for diabetes scientists believe that with a healthy meal plan, weight control, and physical activity diabetes can be prevented or at least delayed.

Once diagnosed with diabetes the best way to control it is to manage your blood glucose levels. This can be done using a blood glucose meter. If your blood sugar is too high you may need to take oral medications and perhaps also use insulin injections. If it is too low you might need a snack that is high in carbohydrates.

What Can NexgenRx Do For You?

- NexgenRx can provide you with information on eligible expenses covered under your plan to treat this disease. We will adjudicate your claims on behalf of you employer.
- Contact our customer service call centre for additional information...

Sourced Websites:

For more Information contact:

- **Canadian Diabetes Association**
<http://www.diabetes.ca>
- **Alberta Diabetes Foundation**
<http://albertadiabetesfoundation.com>

Disease Management Series:

Diabetes



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Controlling Your Diabetes

Being diagnosed with diabetes can be an overwhelming and frightening reality. However, take assurance in knowing that, even though diabetes is a very serious condition, it can be controlled through medical treatment and healthy lifestyle choices. At least 9 million Canadians have diabetes or are considered pre-diabetic. If you have a parent, brother or sister with diabetes please consider making an appointment with your doctor to discuss your family's risks.



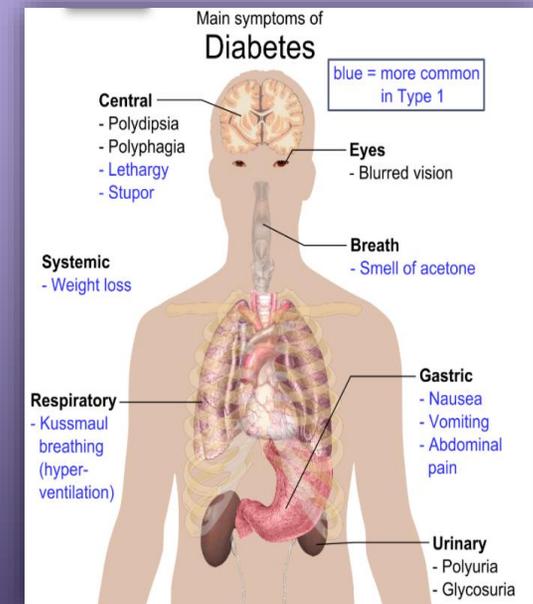
What is Diabetes?

Diabetes is a metabolic disease in which a person has high blood sugar levels (glucose levels). When production of insulin by the pancreas is inadequate or the cells in your body do not use insulin efficiently to convert glucose into energy you are considered to have diabetes or be at risk. Once a medical professional has diagnosed you, with diabetes it is important to treat this disease right away. The effects of diabetes can be minimized with proper action, however failure to treat the disease can result in heart disease, kidney disease, blindness, impotence, and nerve damage that can lead to amputation.



Symptoms

- Blurred vision
- Smell of acetone
- Nausea
- Vomiting
- Abdominal pain
- Hyperventilation
- Unusual thirst
- Tingling or numbness in the hands or feet
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Erectile dysfunction



You should consult a doctor right away if you are experiencing the above symptoms, as diabetes cannot be self-diagnosed. It is important to be aware that many people who have type 2 diabetes may not display symptoms.