

DIABETES AND METABOLIC SYNDROME

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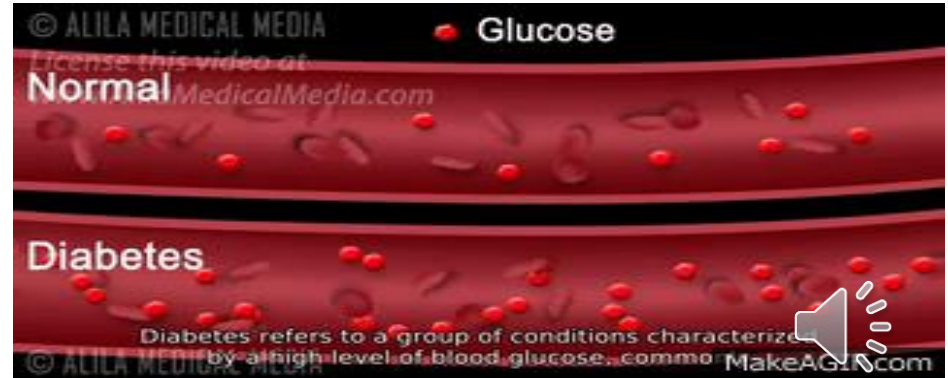
TODAY WE WILL DISCUSS...

1. What is diabetes?
2. What is metabolic syndrome?
3. How to prevent diabetes and metabolic syndrome
 - a. Exercise
 - b. Diet
 - c. Genetic testing
 - d. Early screening
 - e. Taking prescribed meds
4. Complications



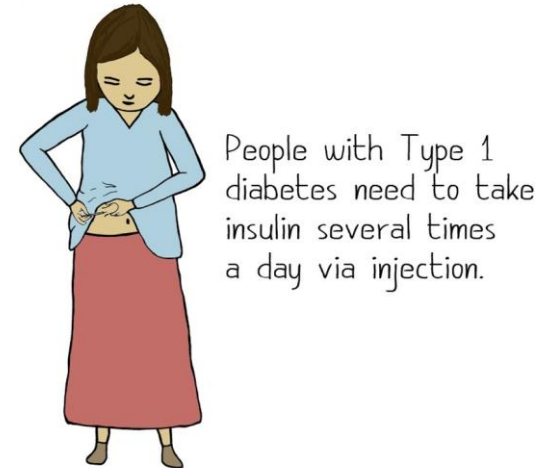
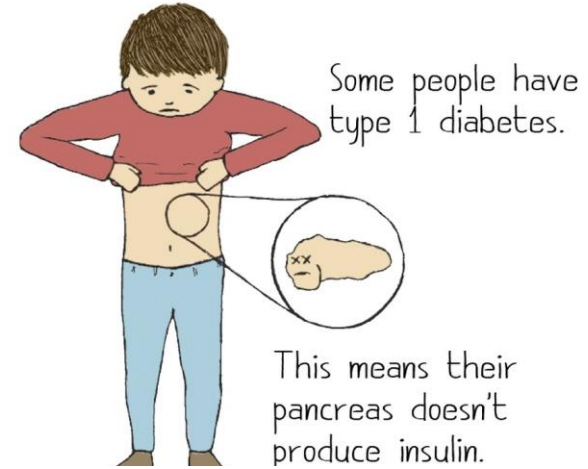
WHAT IS DIABETES?

- Long lasting health condition that affects how your body turns food into energy
- Food is broken down into sugar and released in your bloodstream
- Insulin helps the sugar get inside your cells to give your brain and other organs energy energy



TYPE ONE DIABETES

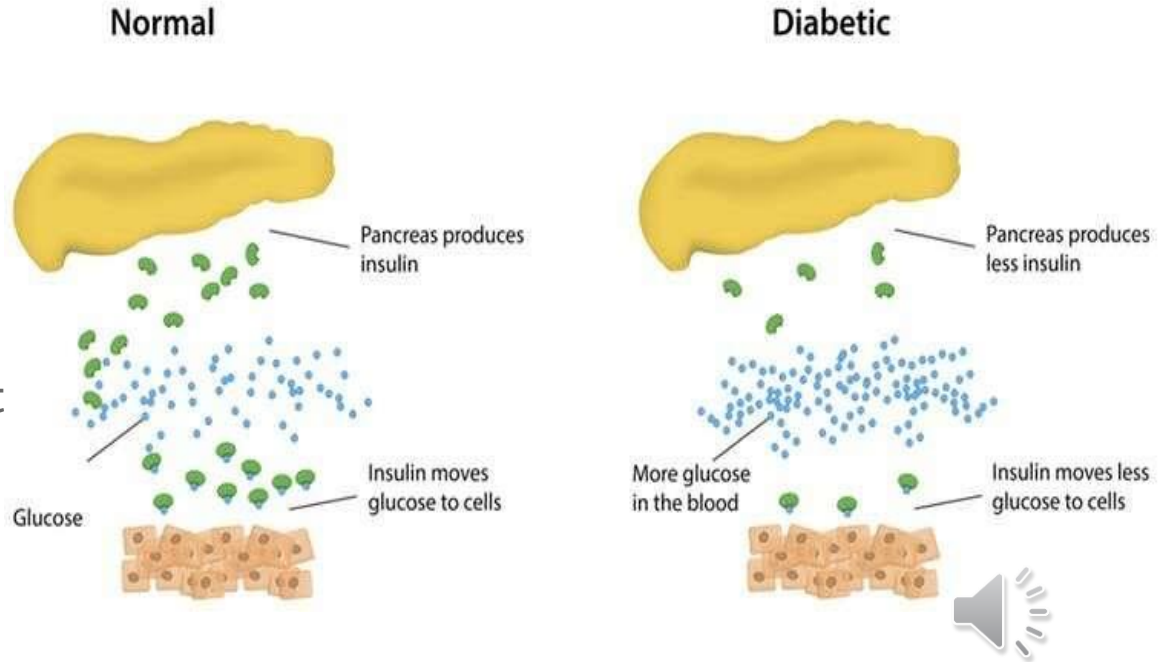
- Pancreas is not making insulin
- Body gets tired due to no energy going into the cells
- Normally diagnosed in children but now starting to see in adults
- Life long treatment with insulin injections



TYPE TWO DIABETES

- Your pancreas produces insulin but your body becomes resistant to it and can not properly process sugar
- Some factors leading to becoming insulin resistant is being overweight and inactive

Type 2 Diabetes



SYMPTOMS OF DIABETES

Urinate (Pee) a lot

Very thirsty

Lose weight without trying (Type 1)

Weight gain

Very hungry

Blurry vision

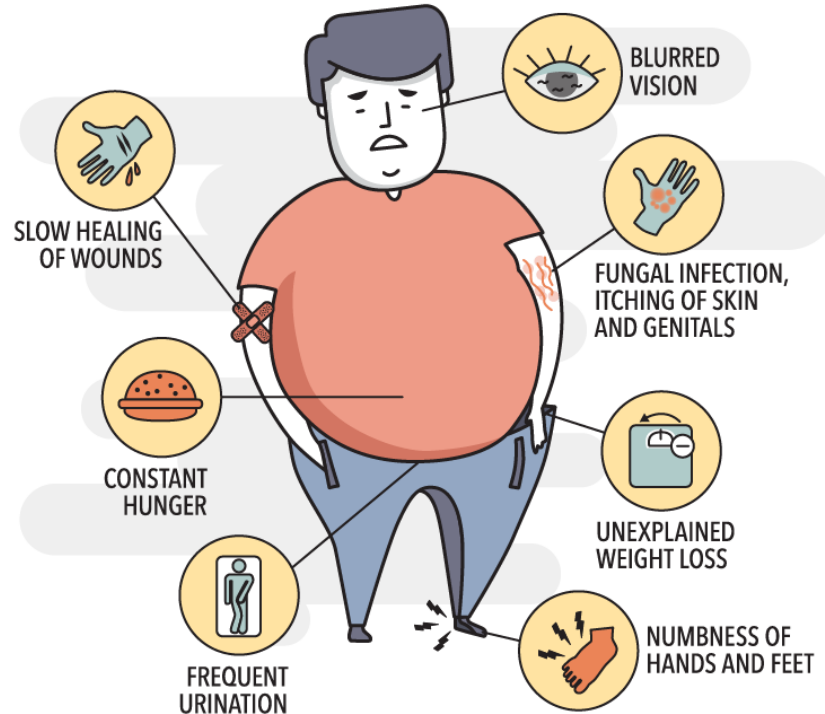
Numb or tingly hands or feet

Very tired

Dry skin

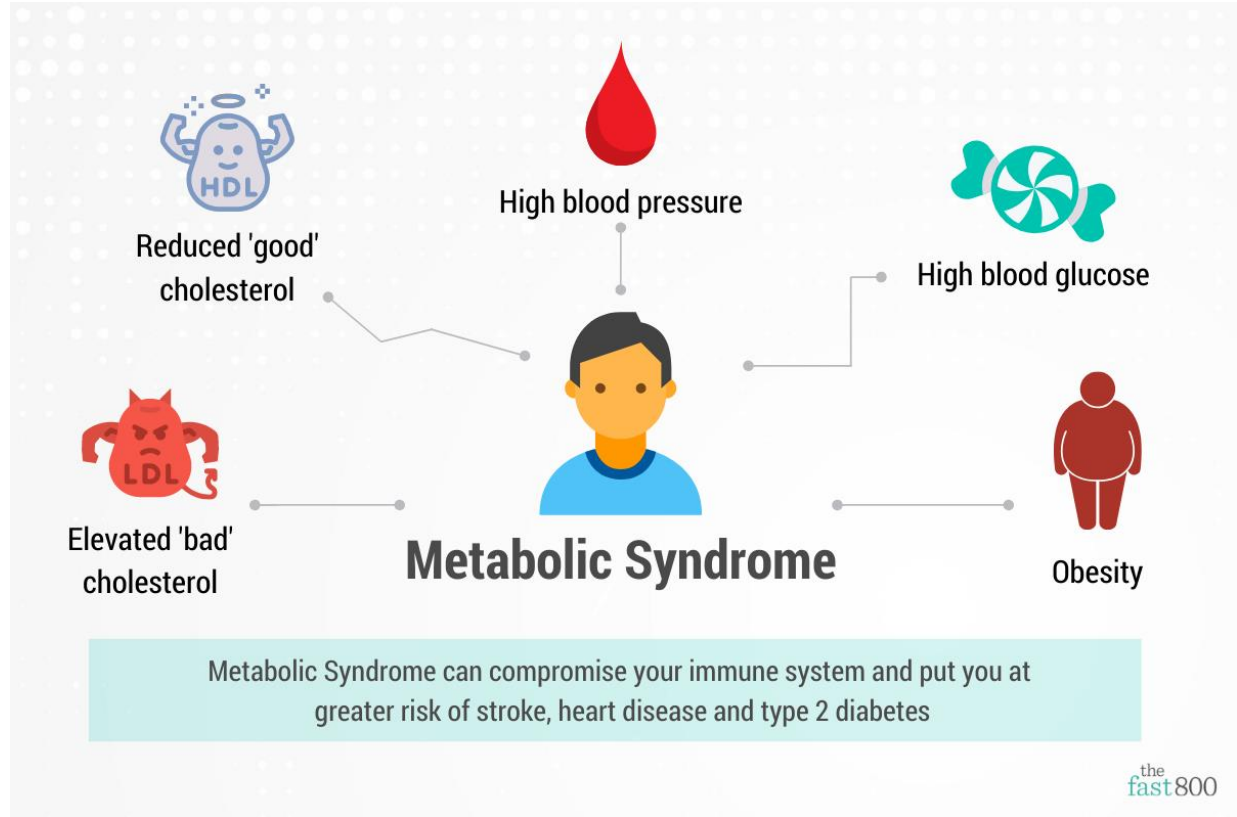
Sores that heal slowly

7 COMMON SYMPTOMS OF TYPE 2 DIABETES



METABOLIC SYNDROME

A cluster of conditions that increase your risk for heart disease, stroke, and type two diabetes



RISK FACTORS

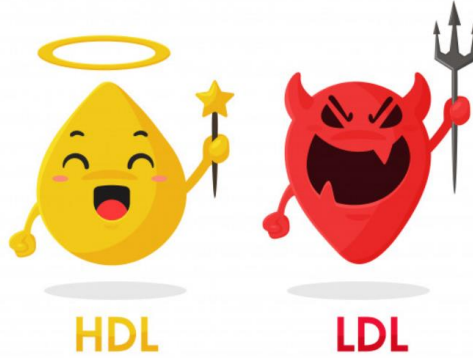
- Family history
- Obesity
- Lack of physical activity
- Poor diet
- Race: African American, Hispanic/Latino, American Indian or Alaska Native, Pacific Islanders, and Asian Americans



METABOLIC SYNDROME SCREENING



WAISTLINE



HDL

LDL



FASTING BLOOD GLUCOSE



BLOOD PRESSURE

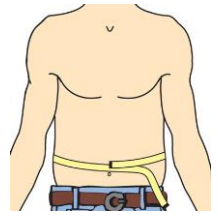


TRIGLYCERIDES

Waistline: 35 inches for women 40 inches for men



Blood Pressure: 130/85



HDL cholesterol:

HDL is good you want >50 for women and >40 for men



Triglycerides: Fat in the blood less than

150



Fasting blood sugar: In the morning before breakfast

PREVENTION

is key



EXERCISE

- 150 minutes
- Walking
- Cycling
- Swimming
- Team sports
- Weightlifting
- Pilates
- Yoga



DIET: FOODS TO EAT

Healthy carbs: fruits and veggies

Fiber rich foods: nuts and whole grains

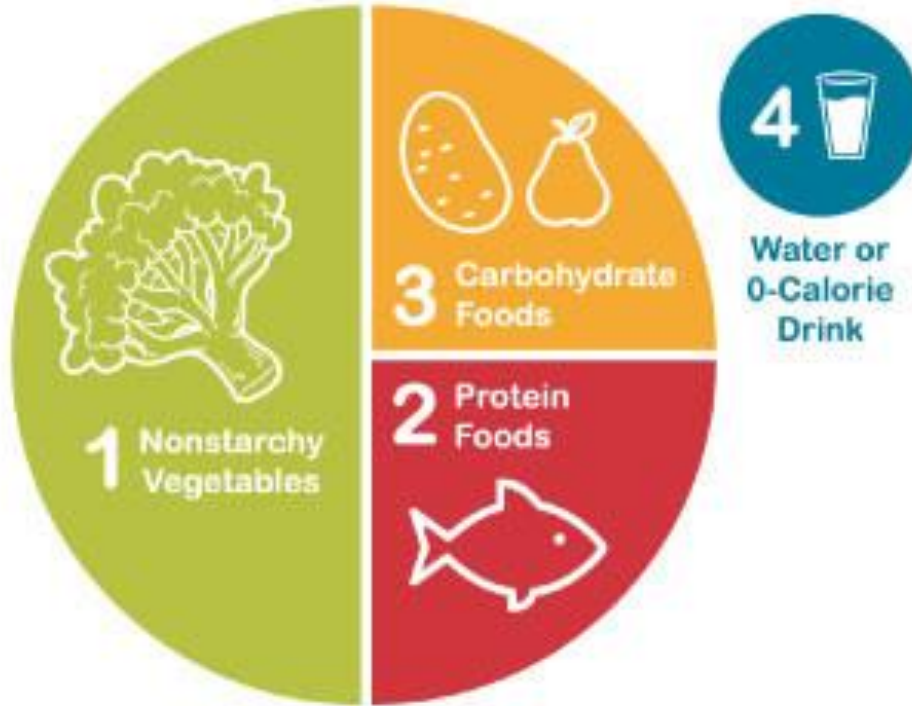
“Good” fats: avocados and olive/peanut oil



DIET: FOODS TO AVOID



DIET: "THE PLATE METHOD"



MEDICATIONS (METABOLIC SYNDROME)

Blood pressure



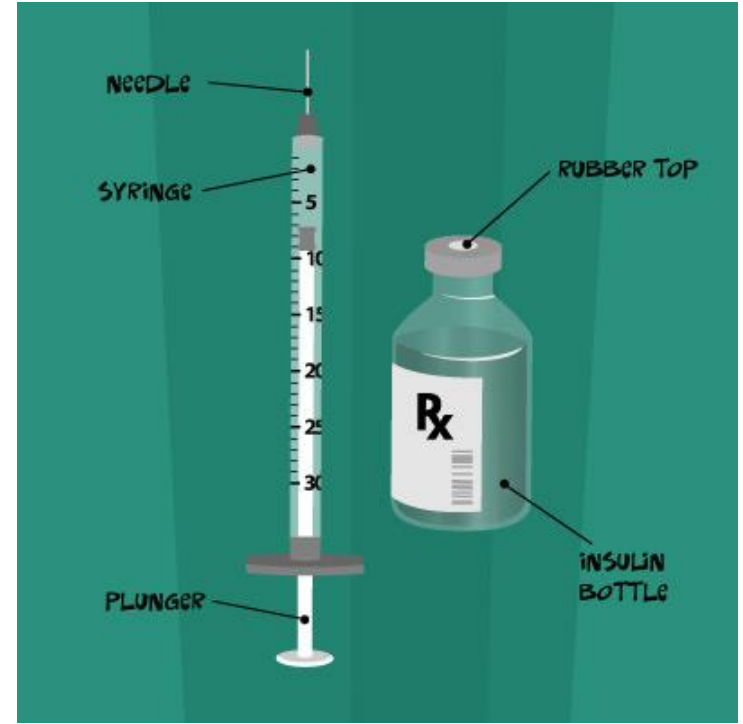
Cholesterol



Blood sugar



MEDICATIONS DIABETES



COMPLICATIONS THAT MAY ARISE FROM DIABETES

Microvascular complications

Retinopathy
(eye damage)

Nephropathy
(kidney damage)

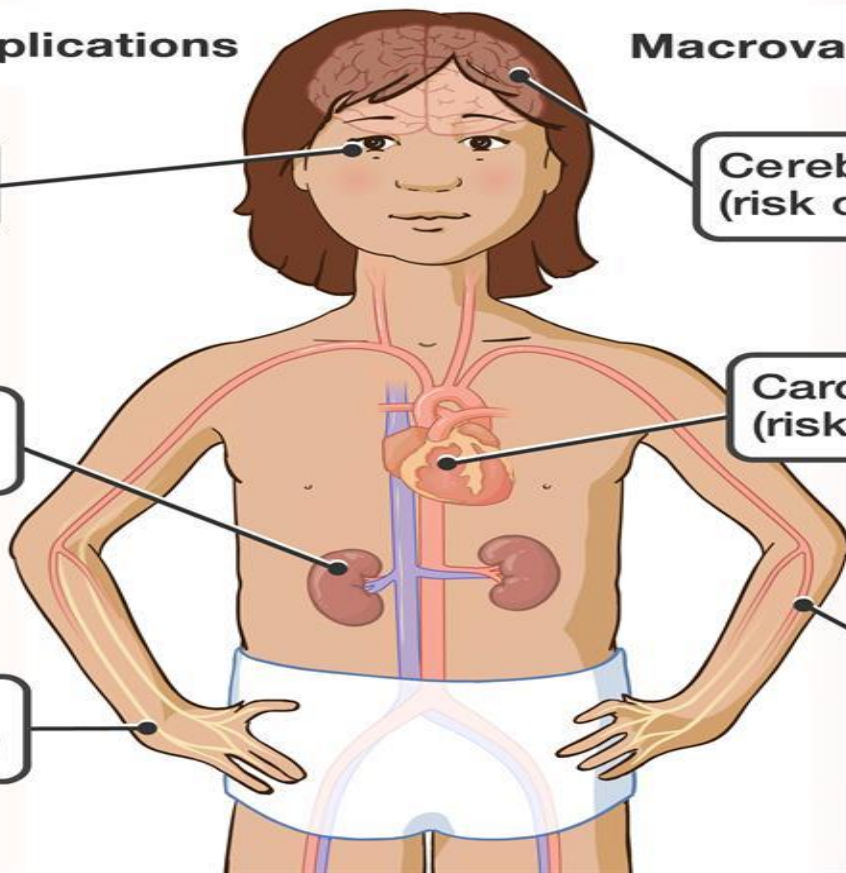
Neuropathy
(nerve damage)

Macrovascular complications

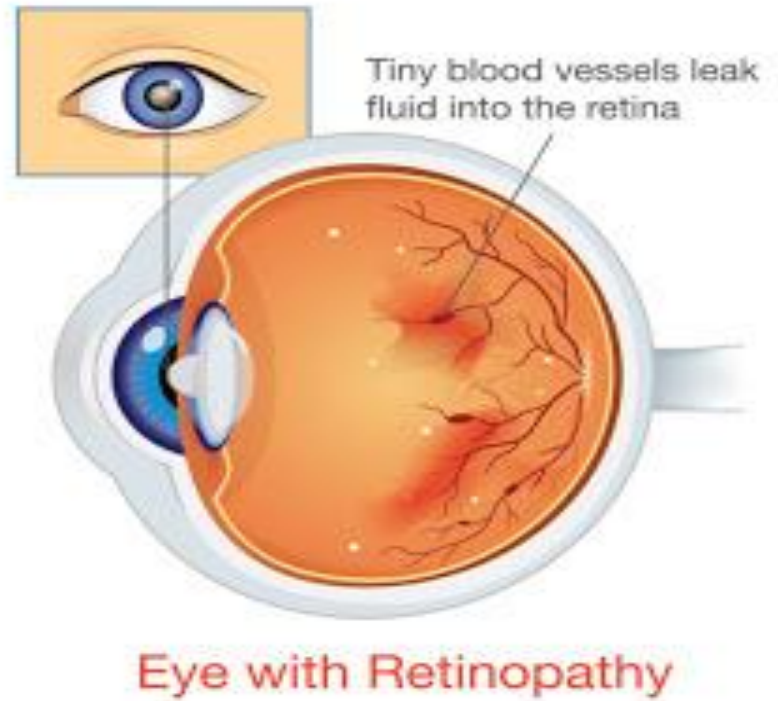
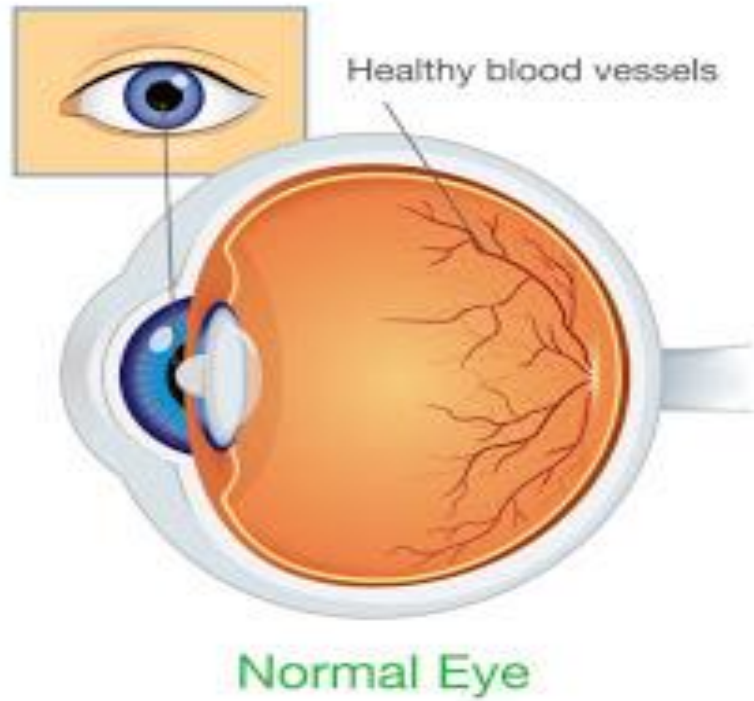
Cerebrovascular disease
(risk of stroke)

Cardiovascular disease
(risk of heart attack)

Peripheral
vascular disease
(poor circulation
to the limbs)

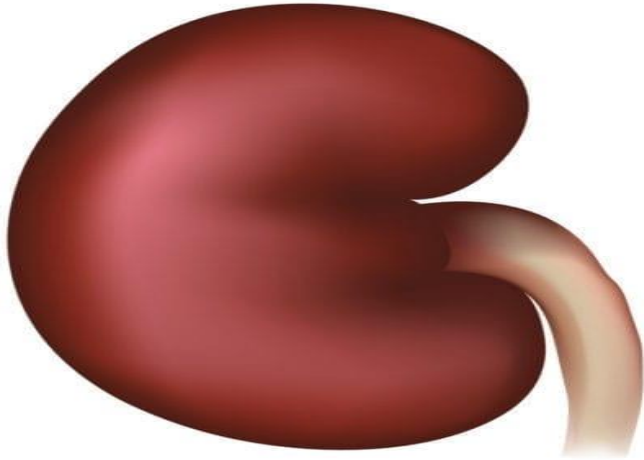


Diabetic Retinopathy



DIABETIC NEPHROPATHY

KIDNEY DISEASE



NORMAL KIDNEY



DIABETIC NEPHROPATHY



GANGRENE

Tissue death

NON-HEALING SORES

Predictor of future amputation



COMPLICATIONS OF METABOLIC SYNDROME

BAD HABITS

and unhealthy lifestyle

SWEETS



JUNK FOOD



REST AT HOME



UNHEALTHY DRINKS

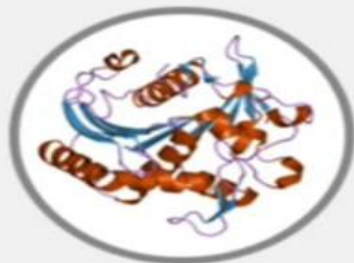




THE METABOLIC SYNDROME



HEART DISEASE



LIPID PROBLEMS



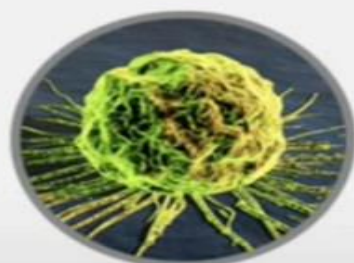
HYPERTENSION



TYPE 2 DIABETES



DEMENTIA



CANCER



**POLYSYSTIC
OVARIAN
SYNDROME**



**NON-ALCOHOLIC
FATTY LIVER
DISEASE**

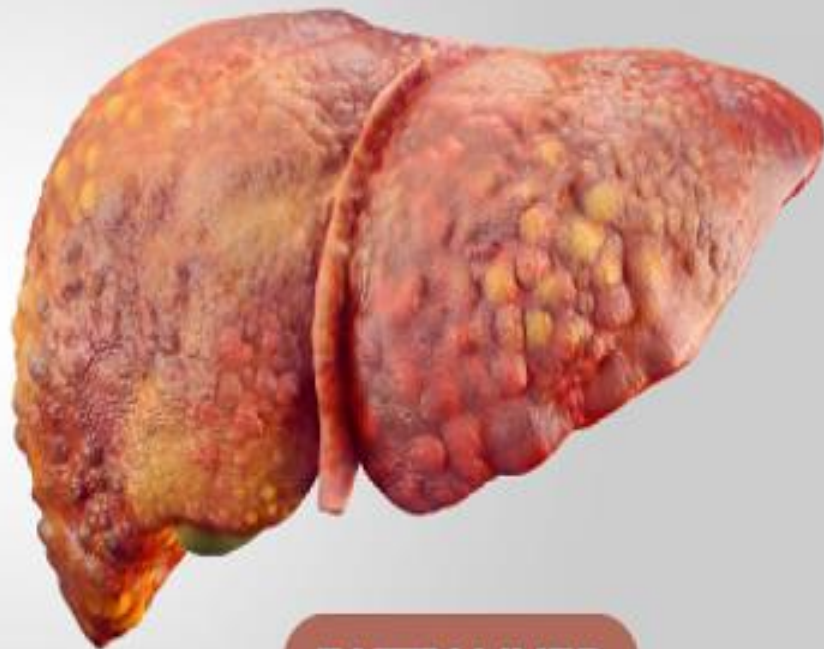


PCOS SYMPTOMS





HEALTHY LIVER

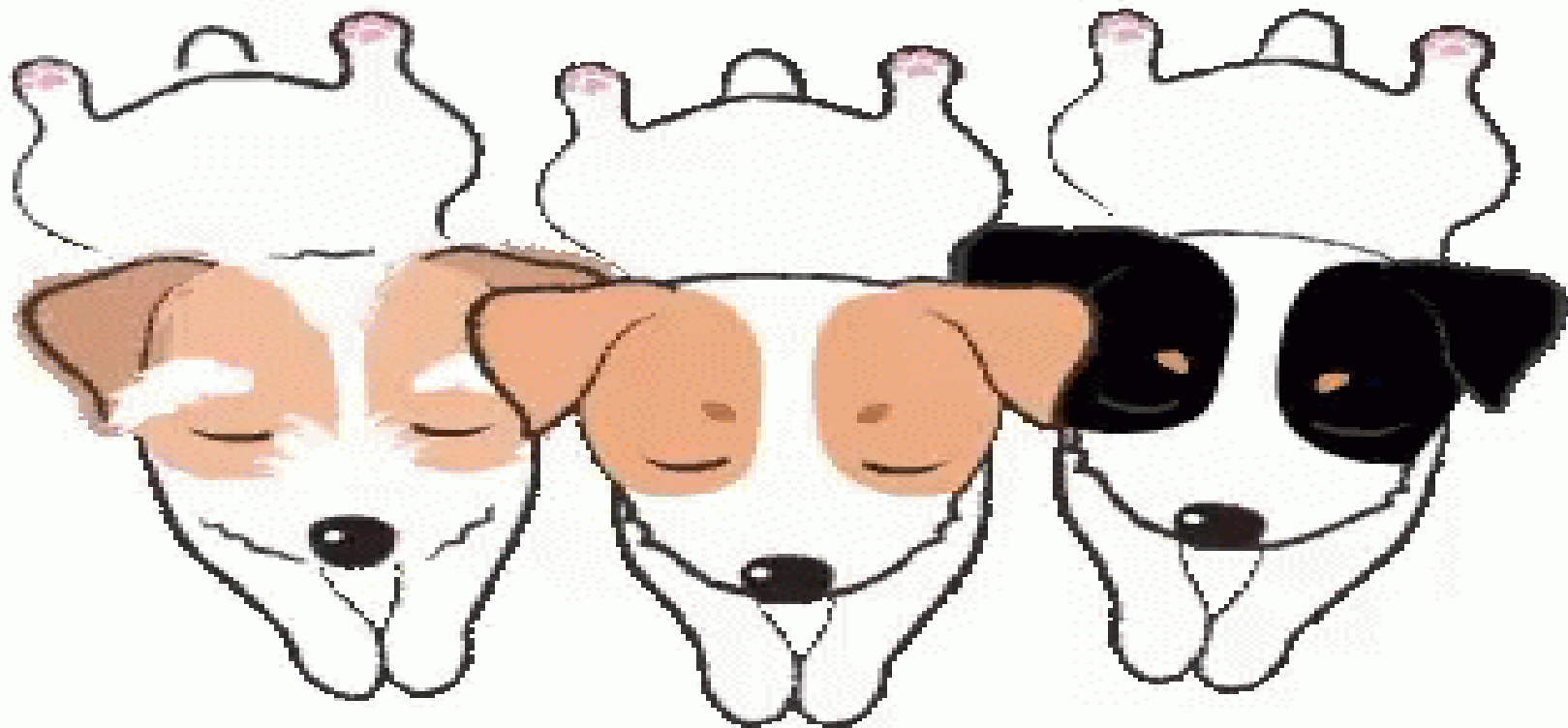


FATTY LIVER

Non-Alcoholic Fatty Liver Disease (NAFLD)



thank you



REFERENCES

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