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| Diabetes |

Overview:

Diabetes can be described as a metabolic disorder to which the presence of high blood sugar levels can be attributed to an impairment of insulin secretion, a defective insulin action OR both. The disorder can be broadly classified into two categories: type 1 and type 2.

Type 1 diabetes is primarily a result of problems associated with pancreatic beta cells that consequently cause an insulin deficiency which is prone to ketoacidosis. Where as type 2 ranges from a predominantly insulin resistance to a relative insulin deficiency related to secretory issues.

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| Clinical Features | Type 1 Diabetes | Type 2 Diabetes |
| Age of onset | Typically, < 25 years of age | Typically, > 25 years of age. However, the incidences of adolescents with type 2 is increasing  |
| Weight | Usually thin or underweight | Usually overweight |
| Insulin production | Absent | Present  |
| First line treatment | Insulin Therapy | Anti-hyper glycemic agents with a gradual dependence on insulin |

A Brief Guide to Diabetes from the professionals

Understanding clinical best practice guidelines is your best resource understanding diabetes and how to help others self-manage the disease. Follow the link for more information [Diabetes 2019 Best Practice Guidelines](http://guidelines.diabetes.ca/docs/CPG-2018-full-EN.pdf). Below are some printable resources that can be used to help people who suffer from Diabetes gain a better understanding of their disease OR visit <http://guidelines.diabetes.ca/> for more information.

* + [Diabetes Fact Sheet](http://guidelines.diabetes.ca/docs/patient-resources/diabetes-fact-sheet.pdf)
	+ [Type 1 The Basics](http://guidelines.diabetes.ca/docs/patient-resources/type-1-diabetes-the-basics.pdf)
	+ [Type 2 The Basics](http://guidelines.diabetes.ca/docs/patient-resources/type-2-diabetes-the-basics.pdf)
	+ [Hypoglycemia -How to Manage](http://guidelines.diabetes.ca/docs/patient-resources/hypoglycemia-low-blood-sugar-in-adults.pdf)
	+ [Managing Low and High Blood Sugars](http://guidelines.diabetes.ca/docs/patient-resources/lows-and-highs-blood-sugar-levels.pdf)
	+ [Are You At Risk?](http://guidelines.diabetes.ca/docs/patient-resources/are-you-at-risk.pdf)
	+ [It's Not Just About Blood Sugar - Care Guidelines](http://guidelines.diabetes.ca/docs/patient-resources/my-diabetes-care-not-just-about-blood-sugar.pdf)
	+ [Staying Healthy with Diabetes](http://guidelines.diabetes.ca/docs/patient-resources/staying-healthy-with-diabetes.pdf)
	+ [Managing Weight with Diabetes](http://guidelines.diabetes.ca/docs/patient-resources/managing-weight-and-diabetes.pdf)
	+ [Getting Started with Insulin](http://guidelines.diabetes.ca/docs/patient-resources/getting-started-with-insulin-injections.pdf)

Helping others achieve wellness with Diabetes in our Community

Click here to find a guide to find the diabetes resource manual [Diabetes National Resource Manual](http://guidelines.diabetes.ca/docs/patient-resources/diabetes-resource-manual.pdf) . Pages 80- 102 are specific to residents of Ontario and offer resources such as:

* Financial assistance programs
* Services for indigenous populations
* Diabetes education programs
* Self-management support programs
* Smoking cessation programs
* Diabetes management services
* Home and travel assistance