

Diabetes

Diabetes is a disease in which your body cannot properly use the food you eat for energy. Your cells need energy to live and grow.

When you eat, food breaks down into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises. Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your cells so your body can use it for energy. People cannot live without insulin.

There are three main types of diabetes.

- In Type 1 diabetes, the pancreas makes no insulin.
- In Type 2 diabetes, the pancreas does not make enough insulin or your body is not able to use the insulin the pancreas makes.
- In gestational diabetes during pregnancy, the mother is not able to make enough insulin to cover the needs of both mother and baby.

Risk Factors for Diabetes

You are more at risk for getting diabetes if you:

- Are from a family where others have diabetes
- Are overweight
- Are over age 40
- Are inactive
- Had diabetes during pregnancy (gestational diabetes) or a baby weighing 9 pounds or 4 kilograms or more at birth
- Are of African, Asian, Latino or Pacific Islander decent

Dijabetes

Dijabetes je bolest u kojoj Vaše tijelo ne može pravilno koristiti hranu koju jedete radi dobijanja energije. Vaše stanice trebaju energiju za život i rast.

Kada jedete, hrana se pretvara u vrstu energije zvanu glukoza. Glukoza je druga riječ za šećer. Glukoza ide u krv i Vaš šećer u krvi raste. Inzulin je hormon koji stvara Vaš pankreas. On pomaže glukozi da se premjesti iz krvi u stanice kako bi ga Vaše tijelo moglo koristiti kao energiju. Ljudi ne mogu živjeti bez inzulina.

Postoje tri glavna tipa dijabetesa.

- Kod dijabetesa tipa 1, pankreas ne stvara inzulin.
- Kod dijabetesa tipa 2, pankreas ne stvara dovoljno inzulina ili Vaš tijelo nije u stanju koristiti inzulin koji stvara pankreas.
- Kod gestacijskog dijabetesu (trudnički dijabetes), za vrijeme trudnoće majčino tijelo ne može stvoriti dovoljno inzulina da pokrije potrebe i majke i djeteta.

Faktori rizika za dijabetes

Vi ste pod povećanim rizikom od dobijanja dijabetesa ako ste:

- iz porodice gdje drugi imaju dijabetes
- prekomjerne težine
- preko 40 godina starosti
- neaktivni
- imali dijabetes za vrijeme trudnoće (gestacijski dijabetes) ili je tek rođena beba bila teža od 4 kilograma i više
- afričkog, azijskog, latino ili porijekla sa Pacifičkih ostrva

Signs of Diabetes

- Very thirsty
- Feeling tired
- Use the toilet often to urinate
- Blurred vision
- Weight loss
- Wounds are slow to heal
- Constant hunger
- Itchy skin
- Infections
- Numbness or tingling in feet and/or hands
- Problems with sexual activity

Often people have no signs even though their blood glucose level is high. You can be checked for diabetes with a blood test.

Your Care

The goal is to keep your glucose level as near to normal as possible. Your care may include:

- Planning meals
- Testing glucose levels
- Learning signs to know when your glucose level is too low or too high
- Exercising
- Taking medicine – insulin or pills
- Keeping all appointments with your health care team
- Attending diabetes classes

Simptomi dijabetesa

- Velika žeđ
- Osjećaj umora
- Često korištenje toaleta zbog uriniranja
- Zamagljen vid
- Gubitak težine
- Rane sporo zarastaju
- Konstantna glad
- Svrab kože
- Infekcije
- Utrnulost ili štibanje u stopalima i/ili rukama
- Problemi sa seksualnom aktivnošću

Često ljudi nemaju simptoma čak iako im je nivo šećera u krvi visok. Možete provjeriti da li imate dijabetes putem nalaza krvi.

Vaša njega

Cilj je održati Vaš nivo glukoze što je moguće bliže normalni. Vaša njega može uključiti:

- planiranje obroka
- testiranje nivoa glukoze
- upoznati simptome, da znate kad Vam je nivo glukoze prenizak ili previsok
- vježbanje
- uzimanje lijekova – inzulin ili tablete
- odlasci na preglede kod svog tima za zdravstvenu njegu
- pohađanje časova o dijabetesu

Talk to your doctor, nurse and dietitian to learn how to manage your diabetes.

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Razgovarajte sa svojim doktorom, medicinskom sestrom ili dijetetičarem da naučite kako svoj dijabetes držati pod kontrolom.

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Diabetes. Bosnian