

A message from Your School Nurse

November is Diabetes Awareness Month. Most people with diabetes live full lives. Diabetes does not have to stand in the way. But, diabetes affects your way of life, such as how you eat and keep fit. It can also affect work and your body in many ways. There are two main types of Diabetes. Type 1 and Type 2.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar(blood glucose) that it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. Without insulin, blood sugar can't get into cells and builds up in the bloodstream. High glucose in the bloodstream is damaging to the body and causes many symptoms and complications. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long and healthy lives.

Type 2 diabetes, the most common type of diabetes, is a disease that occurs when blood glucose is too high and the body is not using insulin properly. With type 2 diabetes, your body either resists the effects of insulin or doesn't produce enough insulin to maintain normal glucose levels. Blood glucose is the body's main source of energy and comes mainly from the food you eat. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it.

One important way to treat type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed.

Fitness is another important key to managing type 2 diabetes. All you have to do is get moving. Find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help fight type 2 diabetes.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise, a proper diet, and taking medications or insulin as prescribed you can live a normal life and do everything you set out to do.