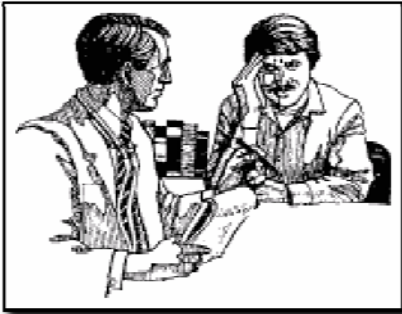


Chapter 1

Diagnosis of Diabetes



You have been diagnosed with diabetes. The type of diabetes that you have determines the kind of treatment that your physician will pursue. Each person is different, and what works for a person with diabetes might not work for another person with the same type.

Now what?

The first thing to remember is that a diagnosis of diabetes is not the end of the world. Diabetes is not the death sentence that it was many years ago. It is a manageable disease, and there are more treatment options than ever before. There is a wide range of products on the market that make living with diabetes much easier than it used to be. Diabetes doesn't have to drag you down. Millions of people with diabetes manage it well, and they are able to incorporate their care into daily life.

To lessen confusion, the common types of diabetes are:

Type 1 diabetes is where the pancreas makes very little or no insulin and injected insulin is necessary to sustain life. This type of diabetes is usually diagnosed before the age of thirty; however, there are cases of Type 1 diabetes diagnosed in people of all ages.

Type 2 diabetes is where the pancreas still makes insulin but it is not enough to satisfy the body's needs, or the body resists the insulin. This is known as insulin resistance. This type of diabetes is commonly diagnosed after the age of forty, but cases of Type 2 diabetes have been diagnosed in people of all ages.

Gestational diabetes occurs during pregnancy, and usually goes away after pregnancy. The treatment varies on a case by case basis.

The second thing that you will need to understand is that some changes will have to be made. These changes will affect how you manage your diabetes, and how well you manage it. There are so many resources for people with diabetes, and many are available to people that are on limited income.

Diabetes impacts family members too. You won't be able to have that pizza with the kids twice a week and they will have to understand. You can't eat the hamburger and potato wedges as often as you did before diagnosis. Diabetes complications may require the help of a family member to perform certain tasks. There is a lot of adjusting that everyone in the family has to do. This doesn't mean that you can never have, nor do some of the same things that you have been, it just means that you will have to work them into your treatment plan. It will take time to get used to new routines, menus, and many other things, but it isn't as complicated as it sounds. With the help of your family, friends and health care team, managing your diabetes will become routine.