Diabetes is a serious life-long health condition affecting people of all ages. Diabetes occurs when the body can’t use sugar (glucose) properly because the amount of sugar (glucose) in the blood is elevated.

Symptoms of diabetes include:
- Lack of energy
- Fatigue
- Sudden weight loss
- Constant hunger
- Excessive thirst and dry mouth
- Frequent urination

Symptoms of type 2 diabetes may be similar to type 1 diabetes but are often less marked, as a result, type 2 diabetes may be diagnosed several years after onset, once complications have already arisen.

Diabetes is a leading cause of cardiovascular disease, blindness, kidney failure and lower limb amputation.

Symptoms of diabetes include:
- Frequent urination
- Excessive thirst and dry mouth
- Constant hunger
- Sudden weight loss
- Lack of energy
- Fatigue

There are a number of different types of diabetes:

- Type 1: Insulin is a hormone produced in the pancreas and it transports glucose from the bloodstream into the body’s cells where the glucose is converted into energy.
- Type 2: An autoimmune disease characterized by the lack of insulin production by the pancreas.

When not well managed, all types of diabetes can lead to complications in many parts of the body.

Diabetes is a leading cause of cardiovascular diseases, blindness, kidney failure and lower limb amputation.

Approximately: 50% of people with diabetes died of cardiovascular disease. As a result, type 2 diabetes may be diagnosed several years after onset, once complications have already arisen.

People with diabetes may be more at risk of concomitant diseases and/or the complications of...

**REFERENCES:**