

DIABETES

194 million people worldwide suffer from diabetes. In the USA, it is the sixth most common cause of death.

Diabetes occurs when your body does not produce enough insulin, a hormone that controls the level of glucose in the blood. Type 1 of diabetes appears in childhood. It results from the body's failure to produce insulin. Almost all people with type 1 diabetes must take insulin injections. Type 2 appears after the age of eighteen. It results from insulin resistance, a condition in which cells fail to use insulin properly. Most people who are diagnosed with diabetes have type 2 diabetes. Pregnant women who have never had diabetes before but who have high blood sugar (glucose) levels during pregnancy are said to have gestational diabetes. Gestational diabetes affects about 4% of all pregnant women.

It is very common for very overweight people to get diabetes, so the illness is linked to obesity. For this reason, it is important to get the right balance between food and exercise. It is important to be active, and to eat a healthy diet, containing plenty of fruit and vegetables. Nutritionists say snacks are better than big meals.

Tasks to the text:

Read the text

What types of diabetes do you know?

Talk about the different types of diabetes

Explain the terms *insulin*, *glucose*