



**Diabetes
is deadly if left
untreated**

What is Diabetes?

Diabetes Mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.


Causes of Diabetes

- Obesity
- Physical inactivity
- Family history
- Insulin resistance
- Increasing age
- Unhealthy diet



Symptoms of Diabetes

- Fatigue
- Blurred vision
- Increased hunger
- Sores that do not heal
- Unexplained weight loss
- Increased thirst and urination
- Numbness or tingling in the feet or hands

- Type 1 diabetes can develop quickly over weeks or even days.
 - Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.
- 

Types of Diabetes

- **Type 1 Diabetes**

Where the body's immune system attacks and destroys the cells that produce insulin.

- **Type 2 Diabetes**

Where the body doesn't produce enough insulin, or the body's cells don't react to insulin.

Complications

- Cardiovascular disease
- Nerve damage (Neuropathy)
- Kidney damage (Nephropathy)
- Eye damage (Retinopathy)
- Foot damage
- Hearing impairment
- Alzheimer's disease
- Depression

Health Complications Due to Diabetes

High blood glucose leads to
following problems

- Stroke
- Kidney disease
- Dental disease
- Foot problems
- Nerve damage
- Eye complications

Services at **Kulsum International Hospital**

- Laboratory and Imaging diagnosis
- Food and Nutrition consultation
- Consultation Clinic by Diabetologist & Endocrinologist



Dr. Asjad Hameed
Diabetologist & Endocrinologist



051-8446666



www.kih.com.pk



**Kulsum Plaza, 2020, Blue
Area, Islamabad, Pakistan**

