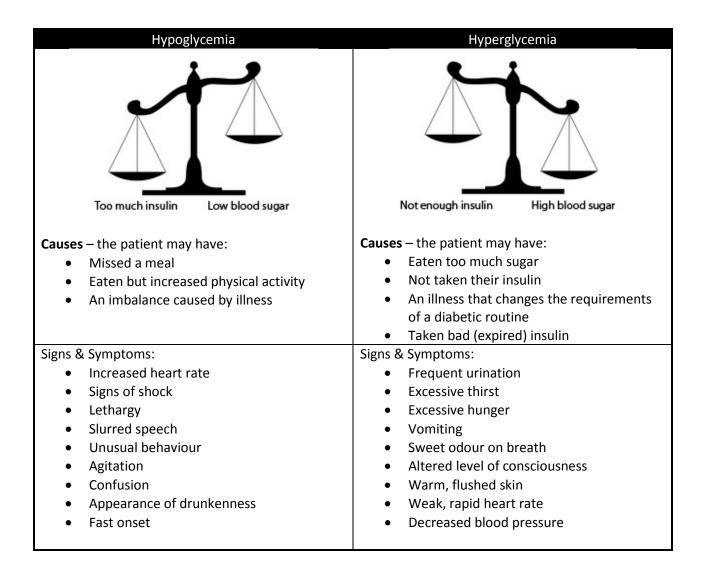
## Diabetes

## Definition: deficiency of insulin or a decreased responsiveness to insulin

Insulin:

- Hormone which is necessary for the use and storage of body fuels (sugar)
- Causes muscle cells, fat tissue and the liver to take up and use glucose (creation of energy)
- Suppresses ketone formation in the liver
- Produced in the pancreas
- Released from Beta (β) cells in the Islets of Langerhans as a result of excessive blood sugar levels



Type 1 Diabetes:

- Insulin is completely or almost completely absent from blood plasma
- Insulin therapy is essential (usually via injection on a regular basis)

Type 2 Diabetes:

- Insulin present in blood plasma at normal or near normal levels
- Target cells suffer a hyporesponsiveness to insulin
- Generally related to obesity and is considered a "lifestyle disease"
- May also develop a defect in Beta cells, which limits production of insulin

## Treatment

- Assess ABCs and level of consciousness
- Establish and maintain airway, give oxygen if trained to do so
- Give oral glucose or substitute if patient is alert enough to protect their airway
- If possible, have patient check their sugar level
- Get medical help and arrange for transport

Important questions to ask:

- What type of diabetes do you have?
- Have you taken your normal insulin (if required)?
- Have you followed your normal diet?
- Has there been any excess physical activity compared to your normal routine?
- When was the last time you saw your physician about your diabetes?