

# DISCLAIMER

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# Diabetes Mellitus Type 1

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# Diabetes Mellitus – Type I

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- Condition that causes high blood sugars at levels toxic to the body
- Glucose becomes like the popcorn kettle at the movie theater
- Usually starts early in life, but not always
- Complications
  - Hypoglycemia
  - Dehydration
  - Weight loss
  - Weak immune system
  - Diabetic Ketoacidosis
  - Microvascular injury: heart, feet, eye kidneys, bowels





# Causes of Diabetes Mellitus, Type I

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- Perfect storm
  - Genetics
  - Infection
  - Environment
  - ?
  - Attack on beta cells in the pancreas that produce insulin





# Diagnoses of Diabetes Mellitus

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- Blood sugar levels
- Insulin levels
- Ketone levels
- Kidney and urine tests
- Clinical picture
- DKA





# Treatment of Diabetes Mellitus

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- Short acting and long acting insulin
- Frequent finger sticks
- Glucose monitor or Insulin pump
- Orange juice/ candy bar/ dextrose
- Moderate exercise
- Drink enough water!
- Don't smoke!!!
- Smoking + diabetes = heart attack
- A1c every 3 months
- Eye exam every year
- Podiatrist exam every year

