

KEY

Warm-up:

Types of diabetes:

- **TYPE 1 DIABETES:** This type of diabetes used to be called 'juvenile diabetes' or 'insulin-dependent diabetes.' It's an autoimmune disease, which means that your immune system (the body's system for fighting infection) has gone haywire and is destroying the cells in your pancreas that produce insulin. Type 1 diabetes develops most often in children or young adults but can occur at any age. It can come on suddenly, often after an illness.
- **TYPE 2 DIABETES:** This type of diabetes used to be called 'non-insulin-dependent diabetes mellitus' or adult-onset diabetes. It differs from type 1 diabetes in that the body makes some insulin, but not enough; also, the body can't use the insulin efficiently. Type 2 diabetes is the most common type of diabetes, accounting for 90 to 95 percent of all diabetes. It usually develops after the age of 40.
- **GESTATIONAL DIABETES:** Some women, about 3 to 5 percent of all pregnant women, get this form of diabetes during pregnancy. It usually ends when the baby is born, but some women who have gestational diabetes go on to develop diabetes when they get older. Some studies have reported that almost 40 percent of women who have gestational diabetes will go on to develop type 2 diabetes.

Possible causes of diabetes: increasing age, obesity, physical inactivity, certain medicines, pregnancy, any illness that damages the pancreas and its ability to produce insulin

Complications of diabetes (the picture):

1. stroke
2. eye damage
3. heart attack
4. kidney damage
5. impotence/difficulty passing urine
6. numbness and reduced blood supply

Activity 1:

Heart disease and stroke account for **65%** of deaths in people with diabetes.

From 1971 to 2000, the rate of death from heart disease among men with diabetes decreased from 16.8 deaths per 1000 men to 8.1 deaths per 1000.

Diabetes is the leading cause of kidney failure, accounting for **44%** of new cases in 2005.

In 2005, **46,739** people with diabetes began treatment for end-stage renal disease (ESRD).

Almost 30% of people with diabetes aged **40** years or older have impaired sensation in the feet.

In **2004**, about 71,000 nontraumatic lower-limb amputations were performed in people with diabetes.

The rate of amputation for people with diabetes is **10** times higher than for people without diabetes.

Activity 3:

1. stroke
2. hypertension
3. failure
4. account for
5. dialysis
6. impaired
7. rate