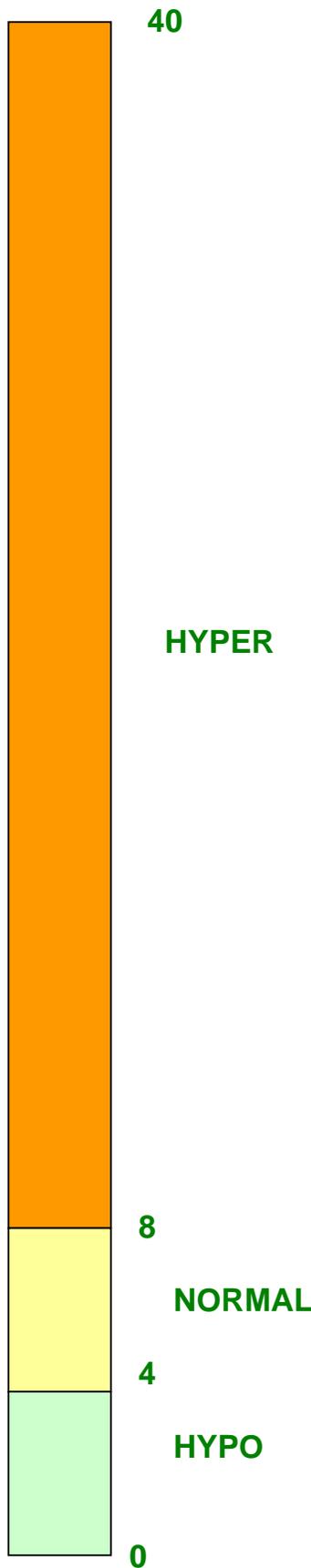


How to treat diabetes



Diabetes

The pancreas is an organ in the body that produces a hormone called insulin. The purpose of insulin is to allow the muscles in the body to absorb sugar from the blood. Failure of the pancreas to secrete insulin or damage of the pancreas leads to the condition known as diabetes.

Diabetes occurs in 2 forms:

- Type 1 - Insulin dependant
- Type 2 - Diet or tablet controlled

Hyperglycaemia – high blood sugar

The sugar levels in the blood increase and acids build up, the signs and symptoms are due to the body trying to excrete these acids. This condition occurs due to failure to follow medical advice.

Hypoglycaemia – low blood sugar

This condition mainly occurs in casualties who are insulin dependant. The condition arises when the person has not eaten enough, has over exercised and burnt off the sugars or has injected too much insulin.

Dangers

The brain can only use glucose as its source of energy, if the levels of glucose drop, the brain is starved of fuel and the cells produce adrenaline to compensate, this is the cause of the symptoms listed on the next page.

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Hyperglycaemia – high blood sugar

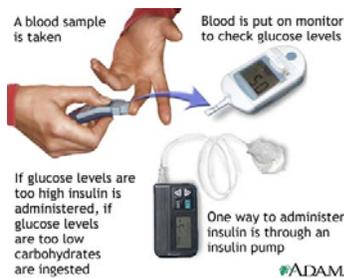
Signs and symptoms

- Slow onset of symptoms
- Sluggish and lethargic
- Dehydration
- Thirst
- Breath smells of pear drops (acetone)

Treatment

- In mild cases, casualty can burn off sugars by exercising
- In moderate cases, casualty needs insulin
- Seek medical attention

Hypoglycaemia – low blood sugar



Signs and symptoms

- Sudden unexpected aggressive behaviour
- Profuse sweating
- Cold skin to the touch
- Shivering due to excessive sweating
- Strong pulse

Treatment

- Give sugar (ideally glucose)
- If casualty does not recover seek medical attention

Unsure of blood sugar level

Treatment

- Give sugar and observe effects
- If casualty recovers they were hypo
- If casualty does not recover get help