



DIABETES



Diabetes is a group of diseases characterized by a high level of glucose (sugar) in the blood, due to the lack of capacity of the body to produce or use insulin. Insulin is the hormone needed to convert sugar and other foods into the energy necessary for daily life.

Types of Diabetes

The types of Diabetes that exist are:

Type 1	Symptoms
<p>The body produces fewer or no insulin.</p> <p>there is a higher level of glucose in the blood.</p> <p>Usually children and young adults are diagnosed.</p>	<ul style="list-style-type: none"> • Constant need to urinate • Unusual thirst • Extreme hunger • Unusual weight loss • Fatigue • Extreme irritability
Type 2	Symptoms
<p>The body doesn't respond to insulin.</p> <p>the sugar in the blood stream does not enter the cells, and higher levels of sugar accumulate in the blood.</p> <p>It is the most common type of diabetes.</p>	<ul style="list-style-type: none"> • Blurred vision • Cuts/bruises that are slow to heal • Tingling or numbness in the hands or feet • Recurrent infections of the skin gums or bladder and any of the symptoms of diabetes type 1.
Gestational diabetes	Symptoms
<p>In twenty-four (24) weeks, to many women present diabetes during pregnancy.</p> <p>In most cases it disappears after giving birth.</p>	<ul style="list-style-type: none"> • Commonly women with gestational diabetes have no symptoms.

Risk Factor

- Little bit or no physical activity
- Overweight
- Unhealthy Eating
- Family history

Treatment

- Life style changes
- Lose weight according to your health providers indications
- Drug prescriptions
- Blood sugar control

Possible complications

The possible complications of Diabetes are:

- Problems with the nervous system.
- Loss of sensation mainly in the extremities.
- Kidney diseases
- Development of ulcers and infections
- Problems with vision
- Arterial Hypertension
- Physical and mental conditions such as depression.

Prevention

Type 1 diabetes cannot be prevented. Type 2 diabetes can be prevented if you make changes in lifestyles such as healthy eating, physical activity and weight control.

Remember

- Diabetes is a group of diseases characterized by a high level of glucose (sugar) in the blood, due to the lack of capacity of the body to produce or use insulin.
- Type 1 diabetes cannot be prevented, and type 2 diabetes can be prevented if you make changes in lifestyles such as healthy eating, physical activity and weight control.
- The risk factors are: little or no physical activity, overweight, poor diet and family history.
- It is important that lifestyle changes are made to treat Diabetes, lose weight as ordered by your health care provider, take your oral medications and administer your insulin.

Contact your Primary Physician

If you are diagnosed with Diabetes, you will be registered under the Special Cover of the Vital Plan. Your primary care physician and / or your specialist can provide information about the benefits of the Special Coverage, and how it will be registered under this coverage.

People with Special Coverage can get prescription drugs, tests, and other services, without needing a referral or having their primary doctor sign. The

Special Cover of the Vital Plan starts from the date of diagnosis and will be effective if the beneficiary is eligible to the Vital Plan.

In addition, you can contact your primary care physician to receive more information or counseling on how you and your family can address the physical and emotional concerns about Diabetes.

Important

If you need physical or mental emergency services, you can dial 9-1-1, or go to any emergency room.

If you have any symptoms that you understand requires immediate attention, before visiting an emergency room, you can call the Medical Advice Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) Days of the week. TTY/TDD users should call 1-844-347-7804. When you call the Medical Counseling Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your emergency room visit.

For additional information

Customer Service Department
1-844-347-7800
TTY / TDD 1-844-347-7805
Visit our website
www.firstmedicalvital.com

References

<http://www.diabetes.org/es/informacion-basica-de-la-diabetes/diabetes-tipo-1/>

<http://www.ndei.org/ADA-diabetes-management-guidelines-diagnosis-A1C-testing.aspx.html>