

# Diabetes Management

*Glucose is the body's main energy source, and insulin helps it enter cells for energy. In diabetes, insufficient or improper insulin use leads to high blood sugar.*



## Diabetes Types

**Type 1** and **Type 2 diabetes** require different management approaches based on their unique characteristics. Type 1 diabetes usually **requires insulin therapy** starting at diagnosis, while Type 2 diabetes can often be managed with **lifestyle changes, medications**, or a **combination of both**.

## Diabetes Management

Diabetes management requires **blood sugar monitoring**. Caregivers help ensure their loved ones adhere to prescribed testing frequencies. Dietary management should **focus on balanced nutrition** to stabilize blood glucose levels.

## Diabetes Medication

Caregivers should be educated on **insulin administration** for Type 1 diabetes, including **dosing, safe storage practices**, and **monitoring** for signs of hypo- and hyperglycemia. For Type 2 diabetes, **understanding oral medications** is key.

## Lifestyle Changes

Diabetes can affect mental health, so caregivers should **prioritize emotional well-being** by offering support and encouraging positive communication. Incorporating diabetes management into everyday routines can also help.

## Diabetic Emergencies

Caregivers must recognize warning signs and be prepared for emergencies:

- **Hypoglycemia** signs include shakiness, confusion, and sweating. It requires fast-acting carbohydrates.
- **Hyperglycemia** symptoms include increased thirst and frequent urination. It may require medication or insulin adjustments.
- Keep a **diabetes emergency kit** with glucose tablets, snacks, backup medication, and testing supplies for quick response to diabetic episodes.