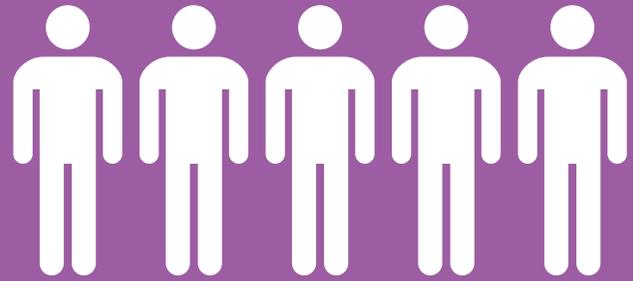


# OVER 4,000 PEOPLE IN JERSEY HAVE DIABETES

AROUND 10% OF THOSE ARE **TYPE 1**



**1 MORE PERSON  
IN JERSEY CONTRACTS DIABETES  
EVERY DAY**

## WHAT IS DIABETES JERSEY?

Diabetes Jersey is a locally registered charity dedicated to raising funds to support the services provided for people in the Island with diabetes and to raise awareness among local people of the condition and to encourage Islanders to be tested for diabetes by their GP or pharmacist before the symptoms manifest themselves.

Maintaining a healthy weight, eating a balanced diet, exercising at least half an hour a day, and keeping blood pressure and cholesterol levels in target zones can help prevent or delay Type 2 diabetes. Obesity is a primary risk factor for Type 2 diabetes because the body's cells become resistant to insulin in direct proportion to the amount of fatty tissue. Type 1 diabetes is not preventable.



[diabetesjersey.com](http://diabetesjersey.com)



The Lions Club of Jersey is a committed supporter of Diabetes Jersey.



# NOW IS THE TIME TO BEAT DIABETES.



# WHAT IS DIABETES?

Diabetes is a condition in which the level of sugar (glucose) in the blood is too high. Insulin is the vital ingredient which the body produces to control the level of sugar (glucose) in the blood.

## WHAT IS TYPE 2 DIABETES?

Someone with type 2 diabetes has a pancreas that cannot produce sufficient insulin or a body that cannot use it effectively. People with type 2 diabetes are usually diagnosed in adulthood and the affected person may not have related symptoms before the condition is discovered. Type 2 diabetes can either be delayed or prevented by eating a proper diet, maintaining an exercise regimen and staying at a healthy weight.

## WHAT IS TYPE 1 DIABETES?

Someone with type 1 diabetes has a condition in which his or her pancreas is completely unable to produce insulin. Symptoms of type 1 diabetes tend to manifest during childhood or adolescence and it is usually diagnosed due to patients falling seriously ill from symptoms of high blood sugar. People with type 1 diabetes may have a genetic predisposition to it or it may have developed because of exposure to a virus or other pathogen.

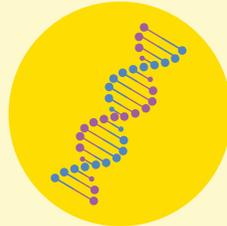
## WHAT IS INSULIN?

Insulin is a hormone made by the pancreas. Insulin helps the body turn blood sugar (glucose) from carbohydrates in food into energy. It also helps the body store it in muscles, fat cells, and liver to use later, when the body needs it. After eating, the blood sugar (glucose) level rises. Insulin helps keep the blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia).

### TYPE 1



DIAGNOSED FROM CHILDHOOD OR ADOLESCENCE WITH SYMPTOMS OF HIGH BLOOD SUGAR



GENETIC PREDISPOSITION OR DEVELOPED FROM EXPOSURE TO A VIRUS



TREATED WITH INSULIN INJECTIONS OR INSULIN PUMP



CANNOT BE CONTROLLED WITHOUT TAKING INSULIN

### TYPE 2



USUALLY DIAGNOSED AS AN ADULT AND MAY NOT HAVE ANY SYMPTOMS



ASSOCIATED WITH AN UNHEALTHY LIFESTYLE AND EXCESS BODY WEIGHT



INITIALLY TREATED WITHOUT MEDICATION OR WITH TABLETS



WITH A CHANGE OF LIFESTYLE IS POSSIBLE TO LIVE WITHOUT MEDICATION IN SOME CASES

# A BRIEF HISTORY OF DIABETES



Canadian doctor Frederick Banting and American biomedical scientist Charles Best co-discovered insulin, the life saving treatment for diabetes, in 1921.

In the early 1920s doctors hypothesised that lack of insulin, a hormone made in

the pancreas, caused the condition. However, insulin had proved impossible to extract from the pancreas.

Dr Banting got an idea of how to extract insulin from a medical journal article, but he needed laboratory facilities for further investigations. He convinced John Macleod, Professor of Physiology at the University of Toronto, to let him use a laboratory to conduct his research. Macleod appointed Charles Best, a biomedical science student, as Banting's assistant.

Banting and Best performed pancreas experiments on dogs to measure sugar in their urine and blood. Over a summer they extracted the first antidiabetic substance.

In January 1922 a diabetic teenager, Leonard Thompson, was the first person to receive an insulin injection.

Banting and Best received many awards for their discovery. However only Banting and Macleod received the Nobel Prize for Medicine in 1923. In protest, Banting shared half his award money with Best.

Sir Frederick Banting was killed in an air crash in 1941.