

# Living with diabetes

Approximately 422 million people worldwide suffer from diabetes.<sup>1</sup> In Germany, the metabolic disorder is now considered a widespread disease.<sup>2</sup>

## There are two main forms of diabetes:

### Diabetes mellitus type 1

- Autoimmune disease that prevents the body from producing insulin
- Typically begins in childhood, adolescence or early adulthood



### Diabetes mellitus type 2

- Reduced sensitivity of the body's cells to insulin (= insulin resistance)
- "Adult-onset diabetes"



## Symptoms



Headache



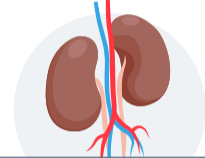
Frequent urination



Dizziness



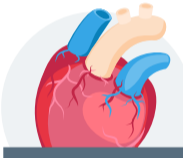
## Consequential diseases



Kidney damage



Disturbance in sight



Cardiovascular damage



Nerve damage

(tingling in the hands and feet)

## Elements of diabetes treatment



Medication



Blood sugar check



Foot inspection / foot care



Insulin therapy



For diabetes patients, targeted pressure redistribution at the foot is important. The medi footsupport Comfort is an insole specially designed to provide ideal pressure distribution and a soft cushioned footbed.<sup>3</sup>

## Type 2 diabetes: Tips on prevention



Healthy diet



Maintaining a healthy weight



Kissing goodbye to bad habits



Sport and movement

Sources:

<sup>1</sup> Key facts Diabetes – WHO. Online available online at: <https://www.who.int/news-room/fact-sheets/detail/diabetes> (Last accessed 15.03.2021).  
<sup>2</sup> Diabetes nimmt weltweit zu – statista. available online at: <https://de.statista.com/infografik/6695/anzahl-der-zuckerkranken-weweit-nach-region/> (Last accessed 15.03.2021).  
<sup>3</sup> Insoles are medical devices for specific malposition's or poor alignment of the patients' feet.