



Facts about Diabetes and Heart Failure

Diabetes:

Diabetes is a disease in which the body does not make or properly use insulin. Insulin is a hormone that is needed to change sugar, starches, and other food into the energy needed for daily life. There are two types of diabetes:

- Type 1 diabetes results from the body not being able to make insulin.
- Type 2 diabetes results from the body not using insulin properly. This can lead to the body not being able to make enough insulin.

Cause of Diabetes:

The cause of diabetes is a mystery. Family history, being overweight, and not exercising appear to play a role in developing diabetes.

Symptoms of Diabetes:

some symptoms of diabetes include:

- frequent urination
- excessive thirst
- extreme hunger
- unusual weight loss
- blurry vision

Treatment of Diabetes:

- people with type 1 diabetes are treated with insulin.
- many people with type 2 diabetes can control their blood sugar by eating right, exercising, losing extra weight, and taking oral medicine or using insulin.
- Many people with diabetes need to take medicine to control their cholesterol and blood pressure.

Heart Failure:

Heart failure is when the heart can't pump enough blood to the body's other organs. It happens because the heart muscle is damaged or overworked.



Some Causes of Heart Failure:

Heart Failure can be caused by:

- High blood pressure
- High valve disease
- Heart muscle disease
- Heart or blood vessel defect present since birth
- Heart valve infection
- Heart muscle infection
- Clogged arteries
- Past heart attack

A failing heart does not work as well as it should. People with heart failure can't exert themselves. They become short of breath and tire.

Symptoms and Treatment of Heart Failure:

The most common sign of heart failure are:

- Swollen legs or ankle
- Difficulty breathing

They may be weight gain when fluid builds up. People with heart failure usually need a treatment program that includes:

- Rest
- Proper diet
- A change in daily activities
- Medicine

Drug Treatment of Heart Failure

Many medicines are used to treat heart failure. Some of the most common types include

- Angiotensin-converting enzyme (ACE) inhibitors
- Angiotensin II receptor blockers (ARBs)
- Beta-blockers
- Diuretics