

Jeni's Health & Fitness Tips

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Hi Everyone!

One of the medical conditions that are on the increase in western society at an alarming rate is diabetes. There are three types of diabetes; type 1, type 2 and Gestational diabetes.

Type 1, also known as Juvenile Onset Diabetes, affects young people and is insulin dependent. Type 1 only represents 10-15% of all cases of diabetes.

Type 2, is known as Mature Onset Diabetes and generally effects older adults. It is often caused by unhealthy diet and lifestyle as well as a genetic predisposition. This often makes it a preventable disease, which can be controlled with diet and exercise. This is the most common form of diabetes.

Gestational diabetes effects pregnant women and disappears after the birth of her baby. However these women are more likely to develop type 2 diabetes later in life and should therefore take precautions to prevent this happening. A better diet and regular exercise can help prevent this.

Pre-diabetes can be diagnosed with a blood glucose test. If blood glucose level is high then the chance of developing diabetes in the years to come can be high unless preventative measures are taken. If left untreated diabetes can lead to some serious health problems so early detection (as with any medical condition) is advantageous.

Yet another good reason to attend regular exercise classes!

Yours in health,

Jeni