

# RELATED CONDITIONS

## Diabetes

**DIABETES** is an illness that prevents certain foods called carbohydrates—sugars such as milk, bread, ice cream, etc.—from being processed by the body. There are various forms of diabetes. The most common form is Type 2 diabetes (mellitus). This fact sheet is about Type 2. People with HCV are more likely to have diabetes. Certain HIV medications can also cause diabetes.

### ***There are many things you can do to prevent diabetes:***

- Eating a healthy diet is one of the most important things you can do to prevent diabetes. Eat a lot of vegetables like salads, broccoli, squash, etc. If possible see a nutritionist for a healthy eating plan.
- Exercise can help with the prevention of diabetes and is good for overall health. Walking 10 minutes 3 times a day can help. Talk with your doctor or nurse before starting any exercise program.

The symptoms of diabetes are feeling tired, thirsty, hungry all the time, constant urination (peeing), losing a lot of weight for no reason and many other symptoms. Diabetes can be diagnosed by taking a simple blood test.

If left unchecked, diabetes can cause very serious health problems—worsening of the symptoms, heart disease, stroke, nerve damage (neuropathy), kidney damage, blindness and foot ulcers that don't heal and may lead to the need to have a foot or leg amputated. Eventually, diabetes can lead to an early death.

Diabetes is treated by diet, exercise and various diabetes medications. The person with diabetes plays the most important role in managing diabetes. Your doctor may also switch your HIV medications—some HIV protease inhibitors can cause diabetes.

educate yourself

### **Check this out:**

- For many people, diabetes can be prevented by diet and exercise—if it is caught in time
- There are effective medications to treat diabetes
- If you believe you have diabetes talk with your doctor or nurse—most likely they are already monitoring your sugar levels, but it is important speak up for yourself!

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