



DIABETES

A condition where glucose cannot be used or converted by the body

Diabetes occurs when insulin, produced by the pancreas, is not sufficient or is defective and cannot convert glucose to energy. Consequently, the glucose stays in the blood stream instead of being utilized by the cells. Over time, diabetes can cause damage to the eyes, kidneys, nerves, or heart and may be life-threatening. The foot or legs may also incur damage. There are two types: *Type 1* requires sufferers to take insulin shots daily and *Type 2*, a milder and more common form of the disease. Obesity, age, poor diet, lack of physical activity, heredity, and environmental factors are the main causes of this disease.

Symptoms:

- For *high blood sugar or hyperglycemia*: excessive thirst, increased urination, fatigue, leg tingling, confusion, convulsions or coma in rare cases
- For *low blood sugar or hypoglycemia*: sweating, shakiness, hunger, dizziness, nausea, slurred speech, confusion, and drowsiness
- For *increased blood acids or ketoacidosis*: stomach pain, “sweet and fruity” breath, nausea or vomiting, loss of appetite, and fever

DO:

- Monitor glucose levels closely by taking readings of glucose levels regularly and maintaining a journal.
- Formulate a plan for daily living and emergencies.
- Eat a well-timed, healthy diet.
- Maintain a healthy weight.
- Stay active and exercise.
- Take care of your feet, since they are prone to injury if you are diabetic.

DON'T:

- Don't neglect prescription medication and routine self-monitoring of glucose levels.
- Don't drink alcohol.

HIV INFECTION & AIDS

An infection caused by a virus that attacks the immune system

HIV, or *human immunodeficiency virus* is a rapidly mutating virus that thrives in the white blood cells called *T lymph cells*. It weakens the body's ability to fight off infections and diseases making it highly susceptible to illness. Full blown HIV leads to AIDS or *Acquired Immune Deficiency Syndrome*. Infections occur through unprotected sexual contact, sharing hypodermic needles with an infected person, blood transfusion of infected blood, transplant of infected tissue, and breast milk from an infected mother passed on to her infant.

Symptoms:

- Swollen lymph glands
- A “hairy” tongue growth (leukoplakia)
- Skin problems such as acute psoriasis or severe seborrheic dermatitis
- Herpes
- Night sweats
- Weight loss
- Diarrhea

DO:

- Get regular check-ups.
- Seek immediate medical help in case of exposure.
- Get only the recommended vaccines.
- Take prescribed medication religiously.
- Maintain a good diet and exercise regularly.
- Get enough rest.
- Involve friends and family or join support groups.
- For pregnant women: seek special prenatal care to prevent passing the virus on to the baby

DON'T:

- Don't have unprotected sex (oral, anal or vaginal).
- Don't engage in sexual activity with multiple partners.
- Don't share hypodermic needles.