



Journey Through Diabetes

Dr. Nicola Cowap

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Diabetes Mellitus is one of the most common severe diseases in the world affecting over 300 million people. Diabetes is a disorder causing high blood sugar levels which causes damage to body tissues and organs. It is linked to lifestyle and the incidence is rising steadily. It is a complicated and chronic condition which can have a number of medical complications. Fortunately it can be well controlled and the better the illness is managed, the less likely the complications are to arise. Sensible lifestyle choices and correct medical management are vital. Dr Cowap translates medical language into a highly readable narrative that can be easily understood by the layperson. Using case examples, we follow people through the different stages of their diabetes, from the first sign of ill health, through diagnosis and the various forms of treatment. Different case vignettes illustrate the classical type 1 and type 2 diabetes, diabetes of childhood, diabetes of pregnancy and the less well known forms of diabetes.

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