



# Living with Diabetes

By: Emily Floyd- NuEdge Marketing

**Living with diabetes can be challenging**, but it doesn't have to stop you from living a full and happy life. With proper management and support, people with diabetes can maintain good health and continue doing the things they love.

## What is Diabetes?

Diabetes is a chronic condition that affects how your body regulates blood sugar (glucose). There are two main types of diabetes: type 1 and type 2. In both cases, the body either doesn't produce enough insulin or can't use it effectively. Insulin is a hormone that helps glucose enter your cells to be used as energy.

### Type 1 Diabetes

Type 1 diabetes occurs when the immune system mistakenly attacks and destroys the insulin-producing cells in the pancreas. This type of diabetes is usually diagnosed in children and young adults, but it can occur at any age. People with type 1 diabetes must take insulin daily to survive.

### Type 2 Diabetes

Type 2 diabetes occurs when the body doesn't produce enough insulin or becomes resistant to its effects. It's more common in adults, but it's becoming increasingly prevalent in children, too. Type 2 diabetes can often be managed with a healthy lifestyle and medication.

## Challenges of Living with Diabetes

### Emotional and Psychological Impact of Diabetes

Living with diabetes can have a significant emotional and psychological impact. Many individuals with diabetes experience feelings of fear, frustration, or even depression as they navigate life with a chronic illness. These feelings often stem from the constant need to monitor blood sugar levels, the potential for serious health complications, and the lifestyle adjustments required to manage the disease.

It's crucial to remember that it's okay to feel this way and there's no need to face these feelings alone. Reach out to mental health professionals who can provide strategies for managing stress, anxiety, and depression. Support groups, either in person or online, can also be a valuable resource. Connecting with others who understand what you're going through can provide comfort and practical advice. Remember, taking care of your mental health is just as important as managing your physical health in living successfully with diabetes.

## Predicted Prevalence of Diabetes in 2023

According to the International Diabetes Federation, the global prevalence of diabetes is expected to rise significantly by 2023. The federation predicts that nearly 700 million people worldwide will be living with diabetes by then, an increase from 463 million in 2019. This increase is largely attributed to an aging population, rising obesity rates, and changes in dietary habits and physical activity levels. This projected rise underscores the need for increased awareness, improved diabetes management, and early detection strategies to mitigate the impact of this chronic disease on individuals and healthcare systems.

## Find Diabetes Management Products with NuEdge Alliance



Living with diabetes can be challenging, but NuEdge partners with multiple manufacturers to make the process more manageable.

[HTL-Strefa](#) is a renowned global leader in designing and manufacturing high-quality medical sharp devices, with a product range that significantly aids in managing diabetes. Their range of safety lancets, pen needles, and personal lancets are specifically designed to simplify and optimize the diabetes management process. These products are created with user comfort and safety in mind. For instance, HTL-Strefa's safety lancets are equipped with a pre-set depth penetration and are single-use, minimizing the risk of infection and cross-contamination.

[Dukal](#), a leader in the development and manufacturing of medical products, provides products to help make the process of blood drawing simpler. With a wide variety of adhesive bandages,

cotton balls, gauze and padding, you can keep your patients safe and comfortable during the process.

At [Roche Diagnostics](#), they develop diagnostic tests, instruments, and digital solutions with the power to transform healthcare for people around the globe. Roche uses their diagnostic solutions to personalize diabetes management for each patient. [According to Roche](#), “personalizing diabetes care can provide insights and decision support to help people with diabetes think less about their daily management”.

Living with diabetes may present unique challenges, but remember, you are not alone. By combining well-planned management strategies, emotional support, regular health check-ups, and trusted tools from suppliers like HTL-Strefa, Dukal, and Roche Diagnostics, you can effectively navigate your diabetes journey. With the right resources and mindset, you can not only manage diabetes but thrive in spite of it. Let's continue to raise awareness, share knowledge, and work towards a healthier, more empowered global community.

Looking for diabetes products? Search for an [Authorized Distributor](#) today!