

Diabetes

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produce.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells [stop responding to insulin](#), too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as [heart disease](#), [vision loss](#), and [kidney disease](#).

DIZZINESS AND FAINTING

Occasionally feeling slightly unsteady is common and not usually a matter for concern. True dizziness or vertigo (in which you feel that everything is spinning around) is not normal, but can result from certain medication or drinking too much alcohol. Isolated episodes of feeling faint are common and not usually significant. Repeated instances of lightheadedness or passing out for no apparent reason may indicate an underlying medical problem.

DIZZINESS AND MEDICATION:

Some types of medication, or combinations of medications, can cause dizziness (lightheadedness or feeling faint) as a side effect. Drugs that most commonly

cause this problem include certain antidepressants, anticonvulsants, many antihypertensives (drugs to control high blood pressure), and sedatives.

PREGNANCY LIGHTHEADEDNESS:

Feeling faint during pregnancy is fairly common and not usually a cause for concern. It is due to hormonal changes causing blood vessels to relax, lowering blood pressure. However, pregnant women who experience frequent attacks of lightheadedness or pass out should see a doctor.

SEEK URGENT MEDICAL ATTENTION IF:

- 1-YOU HAVE SHORTNESS OF BREATH
- 2- PERSISTENT CHEST PAIN
- 3- A PERSON LOSES CONSCIOUSNESS