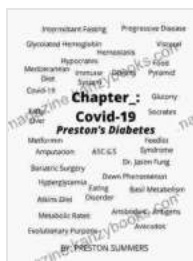


Chapter COVID-19: Preston Diabetes Specialists

The COVID-19 pandemic has had a significant impact on people with diabetes. The virus can cause severe illness in people with diabetes, and it can also make it more difficult to manage blood sugar levels.

In this chapter, we will discuss the impact of the COVID-19 pandemic on people with diabetes. We will also provide tips for managing diabetes during the pandemic.



Chapter_19: Covid-19: Preston's Diabetes by Kenneth Kee

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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How COVID-19 Affects People with Diabetes

COVID-19 is a respiratory illness that is caused by the SARS-CoV-2 virus. The virus can spread from person to person through close contact or through contact with respiratory droplets.

People with diabetes are at increased risk for severe illness from COVID-19. This is because diabetes can damage the immune system, making it more difficult for the body to fight off infection.

In addition, people with diabetes are more likely to have other health conditions, such as heart disease, kidney disease, and stroke. These conditions can increase the risk of severe illness from COVID-19.

Symptoms of COVID-19 in People with Diabetes

The symptoms of COVID-19 in people with diabetes are similar to the symptoms in people without diabetes. These symptoms can include:

- Fever
- Cough
- Shortness of breath
- Fatigue
- Muscle aches
- Headache
- Nausea and vomiting
- Diarrhea

People with diabetes may also experience other symptoms, such as:

- High blood sugar levels
- Ketones in the urine
- Dehydration

Managing Diabetes During the COVID-19 Pandemic

If you have diabetes, it is important to take steps to manage your blood sugar levels during the COVID-19 pandemic. This will help to reduce your risk of severe illness.

Here are some tips for managing diabetes during the pandemic:

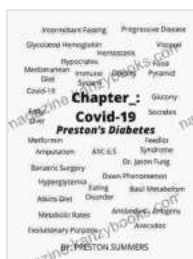
- **Monitor your blood sugar levels closely.** This will help you to identify any changes in your blood sugar levels so that you can take steps to correct them.
- **Take your diabetes medications as prescribed.** Your diabetes medications will help to control your blood sugar levels.
- **Eat a healthy diet.** Eating a healthy diet will help to keep your blood sugar levels stable.
- **Get regular exercise.** Exercise will help to lower your blood sugar levels.
- **Get enough sleep.** Getting enough sleep will help to reduce stress and improve your immune system.
- **Wash your hands frequently.** This will help to prevent the spread of infection.
- **Avoid close contact with people who are sick.** This will help to reduce your risk of exposure to the virus.
- **Stay home if you are sick.** If you are sick, stay home from work or school and avoid contact with others.

The COVID-19 pandemic has had a significant impact on people with diabetes. However, by taking steps to manage your blood sugar levels, you can reduce your risk of severe illness.

If you have any questions or concerns about diabetes during the COVID-19 pandemic, please talk to your doctor.

Author: Kenneth Kee

Book: Preston Diabetes Specialists



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