



• **Diabetes Management:** One of the most common chronic diseases, diabetes affects more than 170 million people worldwide. It is a metabolic disorder in which a person has high [blood sugar](#) levels because the body is not producing enough insulin or cells are not responding to the insulin. Symptoms include frequent urination, increased thirst and hunger and sometimes weight loss. Major advances in medicine now provide better glucose control and prevent complications of this disease. A balance of medication, exercise, nutrition, lifestyle and personal support will give patients the necessary tools to ensure adequate control of diabetes.