

PROJECT COMENIUS "FOOD! FOOD FOR THOUGHT "

IPS LUIGI EINAUDI PALERMO CLASS IV B

Project implemented by student and teachers:

Prof.ssa Bonafede Concetta

Prof. Gallo Salvatore

Prof.ssa Morreale Giuseppina



I.P.S "Luigi Einaudi"- Palermo

Classe IV B



**FIGHT DIABETES.
WIN FOR LIFE!**



What is diabetes?

Diabetes is a chronic disease characterized by high levels of glucose in the blood.

What are the symptoms?

The diabetes is manifested in various forms. Diabetes mellitus is characterized by a large amount of sugar in the urine.

How many kinds of diabetes are there?

There are three kinds of diabetes:

- Type 1 when the pancreas is unable to reproduce insulin;
- Type 2 usually linked to obesity in adults ;
- Type 3 Gestational diabetes occurs during pregnancy

Why does it occur?

- Wrong lifestyle;
- lack of exercise;
- Intake of unhealthy food

What are the symptoms?

- Physical exhaustion;
- Nervousness;
- Thirst;
- Excessive need to urinate;

Where does it occur?

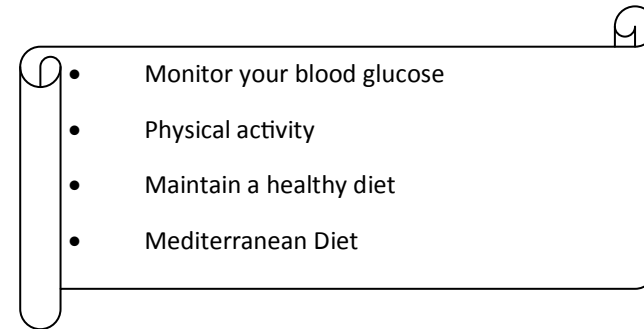
Type 1 diabetes is the most frequent rare diseases. Some Italian regions in the first place the Sicily have rates incidence greater than the European average.

Prevention of diabetes

Today the most important risks for the development of diabetes are:

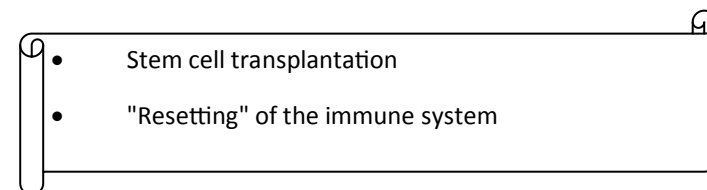
- obesity
- overweight

How do you prevent diabetes?

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- Monitor your blood glucose
 - Physical activity
 - Maintain a healthy diet
 - Mediterranean Diet

New discoveries:

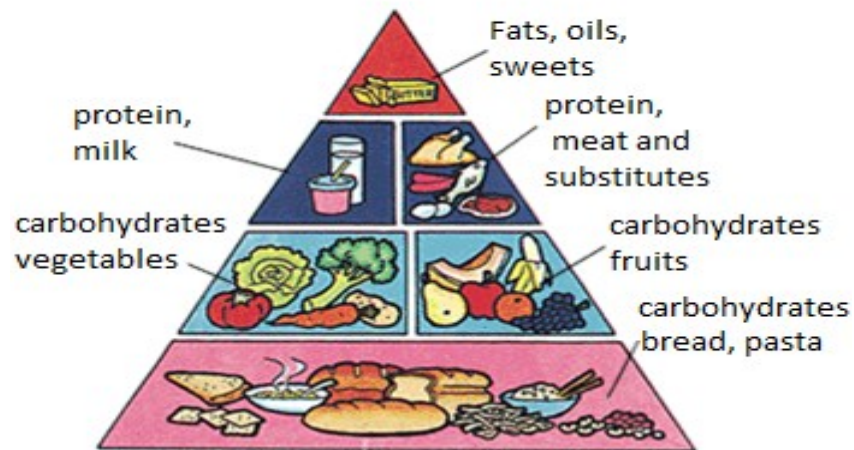
What has been done to cure it?

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- Stem cell transplantation
 - "Resetting" of the immune system

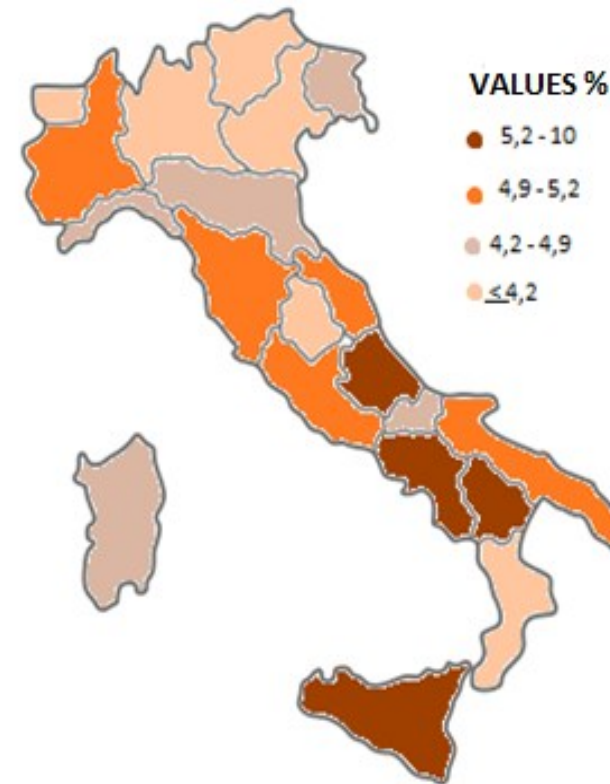
A well balanced diet.

It is used to know the right amount of food to ingest. The diabetic must have a diet customized to the parameters, taking into account physical activity, age and body composition.

A well balanced diet



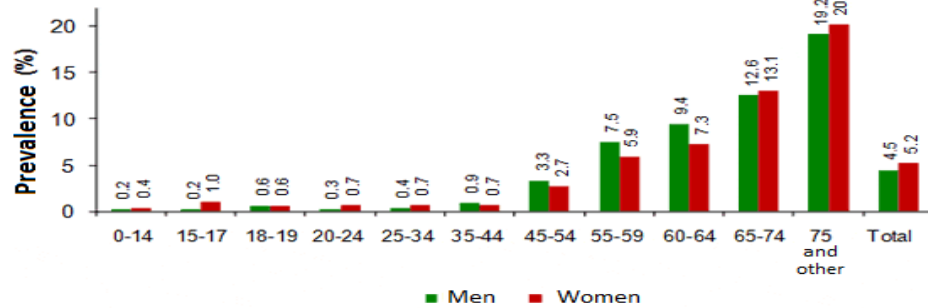
Diabetes in our country



**Sicilia, Abruzzo, Molise
Campania**

RIGHTS OF DIABETICS

Prevalence of diabetes by sex and age group



Diabetes, how much it costs?

Diabetics in Italy "cost" to the state 5.3 billion euro per year. For each of it is spent around € 1.250,00 in examinations and drug treatments. Diabetes absorbs each year approximately 9% of expenditure Healthcare, we are one of the countries with the lowest cost in Europe.

- **RIGHT TO PREVENT AND DIAGNOSE**

In Italy the rights to people with diabetes are based on a specific law: the 115/87.

The support for people with diabetes requires more resources and increases significantly ,the number of cases. Prevention and assistance involve a very large number of services.

- **RIGHT TO ASSISTANCE**

The person with diabetes can get sick or need hospital care due to other diseases. The person with diabetes has the right to obtain medical and nursing care. at the hospital, at the emergency Department or RSA

- **RIGHT TO EDUCATION**

The school has a very important role in the development process autonomy of the pupil. The first requirement is the non-discrimination; the second requirement is security: the school must provide the pupil with diabetes the opportunity to participate in security at any school activity. It is also essential the exchange of information between teachers, parents and doctors.

- **RIGHTS AT WORK**

Absolute discrimination against people with diabetes is expected in a few cases in the world of work.