

L'Est Républicain, 2 January 2022

<https://www.estrepublicain.fr/sante/2022/01/02/les-ecoliers-suivent-un-cours-sur-le-diabete>

## **Les écoliers suivent un cours sur le diabète.**

### **English version**

#### **Schoolchildren attend a lesson on diabetes.**

*As part of the educational health programme provided for in the school project, Souad Daamouch, a researcher with the European research programme Fidélío on diabetes, spoke to the CM1-CM2 class at the Pergaud-Pagnol school.*

Souad Daamouch is originally from Revigny and was a pupil at the Pergaud-Pagnol school. She is currently working in a research laboratory in Dresden (Germany) as a researcher. She spoke to the CM1 and CM2 of the Pergaud-Pagnol school about diabetes.

To explain this disease, she put herself at the level of the pupils. Diabetes is a widespread chronic disease characterised by an increase in blood sugar levels (glucose). Often trivialised, its severity is poorly recognised because it is silent and slow in its action.

However, without adequate treatment, it reduces life expectancy and quality of life: visual loss, gangrene... Glucose is a sugar that comes from the digestion of food, it circulates in the blood and is used by the body as a source of energy.

The students followed the explanations carefully, wondering about the causes. The specialist explained that they were caused by an alteration in the production and functioning of insulin (a hormone produced by the pancreas). It acts as a key to facilitate the passage of glucose from the blood to the organs and tissues. When the key (insulin) malfunctions, it no longer works or works very poorly. This is the beginning of diabetes, which persists throughout life.

#### **How to manage it?**

Then, there was a question of management with the use of insulin, manufactured by the pancreas, permanently present in the blood and allowing the absorption of glucose by the cells. Its role is to maintain blood sugar levels at around 1g/litre when sugar intake is high: too much glucose: hyperglycaemia, not enough glucose: hypoglycaemia.

In conclusion, the speaker recalled that there are two types of diabetes: type 1, which generally affects young people, and type 2, which affects older people, often around the age of 50, who are overweight.

Translated with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)