



## Glossary

**Diabetes:** Diabetes describes a group of metabolic diseases in which the person has high blood glucose.

**Gestational diabetes:** This type affects females during pregnancy. Some women have very high levels of glucose in their blood, and their bodies are unable to produce enough insulin to transport all of the glucose into their cells, resulting in progressively rising levels of glucose.

**Anemia:** Anemia is usually defined as a decrease in the amount of red blood cells (RBCs) or haemoglobin in the blood. It can also be defined as a lowered ability of the blood to carry oxygen.

**Asthma:** Asthma is a chronic disease involving the airways in the lungs. These airways, or bronchial tubes, allow air to come in and out of the lungs.