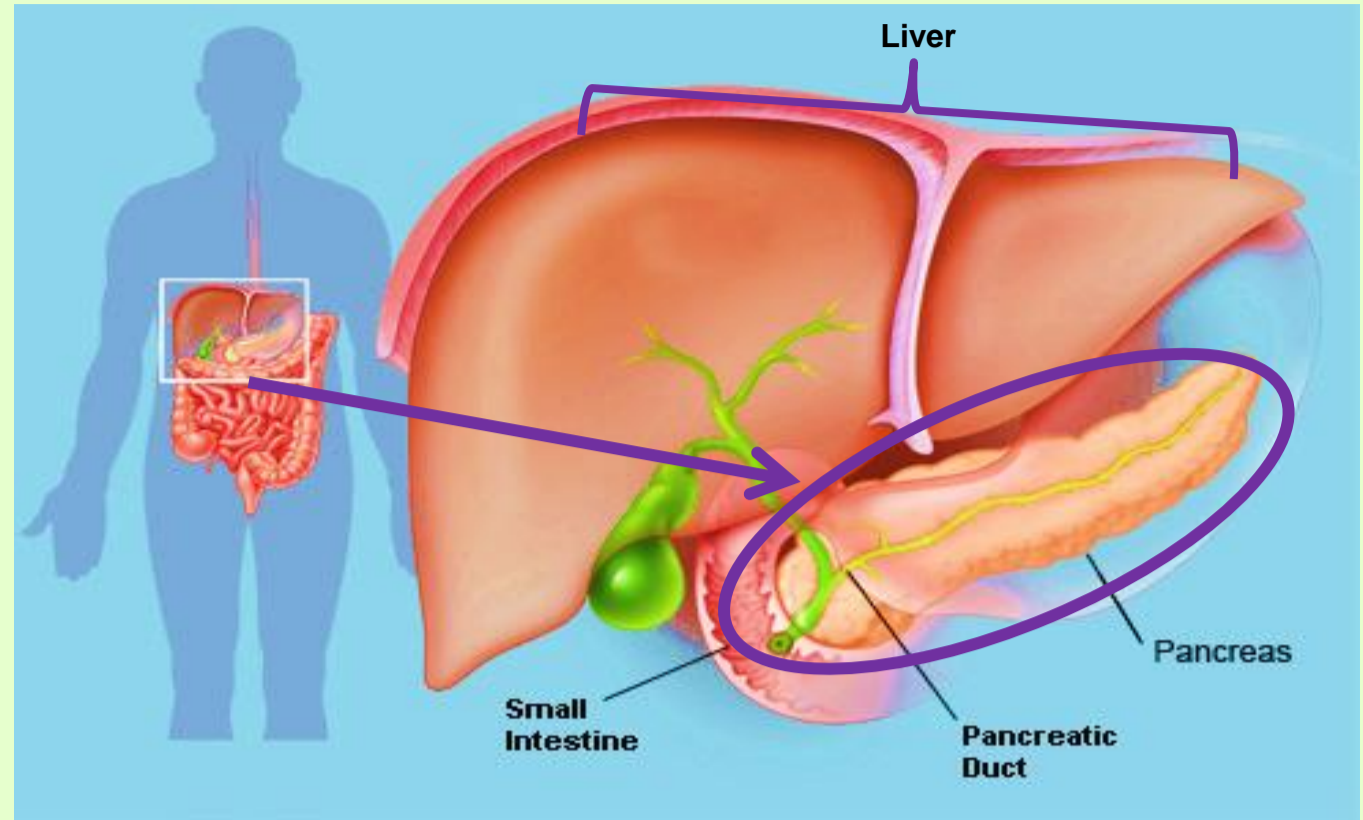


South Asian Health Support Programme

WHAT IS DIABETES?

- Diabetes mellitus is a chronic disease with disordered metabolism.
- The pancreas does not produce enough insulin, or the body cannot use insulin effectively.
- Leading to an increased concentration of glucose in the blood

Diabetes increases the risk of cerebrovascular disease, heart diseases, foot gangrene, retinopathy, nephropathy and neuropathy.



RISK FACTORS

- Overweight and obese
- Family History (particularly immediate family member)
- Women with history of gestational diabetes (occurs only during pregnancy)
- Patient with hypertension and hyperlipidemia (excessively high level of lipids in blood)

COMMON SYMPTOMS



1. Frequent thirst



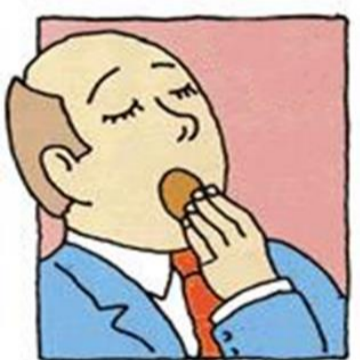
2. Frequent urination



3. Frequent hunger



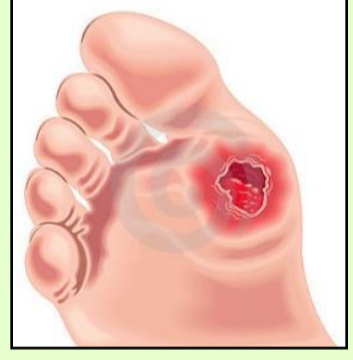
4. Unexplained Weight loss



5. Fatigue



6. Blurred vision



7. Poor wound healing



8. Itching skin, may feel itchiness in private parts

Criteria for Diabetes (American Diabetes Association 2014)

Condition	After eating 2 hours PG	Fasting glucose (no calorie intake for at least 8 hours)
	mmol/l(mg/dl)	mmol/l(mg/dl)
Normal	<7.8 (140mg/dl)	<5.6 (100mg/dl)
Prediabetes	7.8-11.0 (140 -199mg/dl)	5.6-6.9 (100 – 125mg/dl)
Diabetes Mellitus	≥11.1 (200mg/dl)	≥7.0 (126mg/dl)

Random plasma glucose: 11.1mmol/L (200mg/dl) and presence of sign and symptoms

TREATMENT

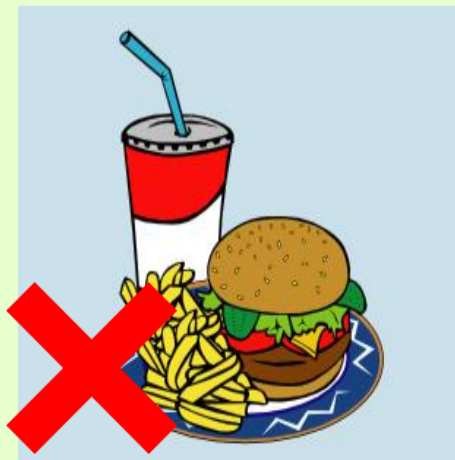
- Early stage: Consult dietitian, healthy diet, exercise.
- Oral hypoglycemic agent (oral tablets)
- Later stage: May need insulin injection

Many patients may not have symptoms in early stage. If you have any symptoms as above consult with a doctor.

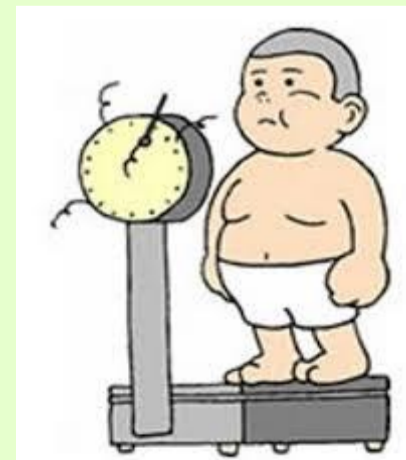
PREVENTION



Have a balanced diet. Eat more food rich in fiber such as, vegetables, fruits. Eat raw grains, wholemeal bread and brown rice.



Encourage children to eat healthily and discourage food with high-sugar and high-fat content.



Obese children become obese adults. Avoid overeating.



Take part in regular physical activity (30 mins/day)

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