

## Diabetes is controllable

Diabetes complications above such as heart attack, stroke, blindness, kidney failure and amputation can be greatly reduced with proper medical care, good nutrition, modest physical activity and self-management education in people who have diabetes.

## Diabetes is preventable

The GOOD NEWS is that a healthy lifestyle may help prevent you from getting type2 diabetes. A healthy lifestyle includes:

- Look for opportunities to move more during the day
- Exercise 30 minutes at least five times per week
- Eat healthy foods including whole grains, cereals, fresh fruits and vegetables, low fat dairy and lean meat
- Reduce fat intake
- Reduce sugar and salt intake
- Maintain an ideal body weight, especially around your waist



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# DIABETES

## Diabetes Prevention through Schools Programme



## Introduction

The epidemic of diabetes is one of the most challenging health problems in the 21st century. Globally, the impact of the major non-communicable diseases (diabetes, cardiovascular disease, cancer, chronic respiratory diseases and mental disorders) is alarming. These NCDs share the same risk factors.

### Did You Know?

- Diabetes kills more people than HIV/AIDS, TB, and Malaria combined. In 2015, five million people died from diabetes-related complications.
- 415 million adults have diabetes (2015)
- 318 million people are pre-diabetic
- Diabetes is the fourth leading cause of global death by disease.
- Every 7 seconds a person dies from diabetes and related conditions in the world.

### What is diabetes?

Diabetes is a disease characterised by increased blood glucose resulting from a defect in the production or action of the hormone Insulin.

### Types of diabetes

There are three types.

**Type 1 diabetes:** In Type 1 diabetes, the body's immune system attacks the cells that produce insulin. As a result, the pancreas produces little or no insulin. People with Type 1 diabetes must take insulin daily in order to survive, and there is no known way of preventing the onset of the disease.

### Type 2 diabetes:

In Type 2 diabetes, the pancreas does not produce enough insulin or the body's cells don't use insulin properly. As glucose builds up in the bloodstream and the body's need for insulin increases, insulin production decreases.

**Gestational diabetes:** This type appears during pregnancy. It is associated with an increased risk of both mother and child developing type 2 diabetes later in life.

### What are the risk factors for diabetes?

Risk factors that may increase the risk for developing type 2 diabetes include:

- Unhealthy food and diet
- Lack of physical activity
- Tobacco use
- Harmful use of alcohol
- Aged 45+
- Overweight and obesity
- Family history of diabetes (such as a mother, father, brother, or sister with the disease)
- High blood pressure
- High blood cholesterol (fats)
- History of elevated blood glucose

### Symptoms of diabetes

- Frequent urination
- Sudden weight loss
- Excessive thirst and a dry mouth
- Extreme tiredness/fatigue
- Increased hunger

- Slow-healing wounds
- Recurrent infections
- Numbness in the hands and feet

### What are the complications of diabetes?

Diabetes increases the risk for many serious health complications such as:

- Eye disease including blindness (retinopathy)
- Kidney disease (nephropathy)
- Cardiovascular diseases
- Diabetic foot (ulceration and amputations)
- Nerve damage (neuropathy)
- Dental diseases

