

GET TESTED!

There are no early signs or warnings for Diabetes. The best way to catch it is to test your blood glucose level regularly.

You are more susceptible to Diabetes if:

- You are over 45yrs old
- You have family members that have Diabetes
- You are overweight
- You suffer a lot of stress
- You are not engaging a healthy lifestyle

Young people should have their blood glucose tested annually in a general medical check-up.

Those who are more susceptible should get tested twice a year.



SANITAS Hospitals Ltd

P O Box 60255, Mwai Kibaki Rd,
Mikocheni B, Dar es Salaam TZ

Mob 1: +255 688 863 035

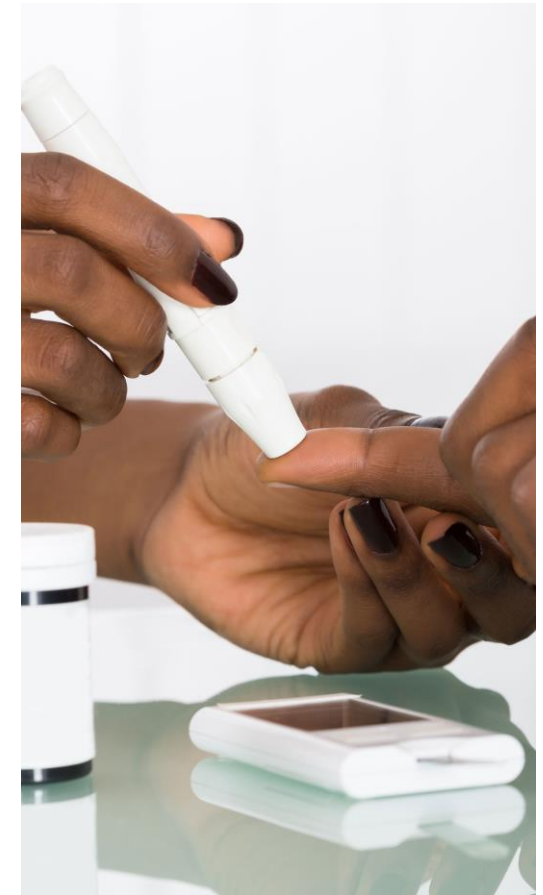
Mob 2: +255 678 284 799

Email: kuuliza@sanitashospital.co.tz

Web: www.sanitashospital.co.tz

What is Diabetes?

The basics of Diabetes, how it works, testing, symptoms and treatments.





What is Diabetes?

Diabetes is a persistent state of high blood glucose due to insufficient insulin or a malfunction of the process of insulin in our body.

Blood Glucose

The food that we eat is what fuels our bodies and keeps us moving, it gives us energy. Most of our food is converted by our body into a kind of sugar. The medical term for this sugar is 'glucose'. This glucose is taken into our cells and used as energy or stored as fat.

Insulin

Insulin is a hormone produced in our pancreas gland. It is required by our cells to help glucose move from our blood into the cells where it can be used. If there is not enough insulin or it is rejected, then the glucose level in our blood builds up.

"Exercise is the key, not only to physical health but for peace of mind" - Nelson Mandela

What are the signs?

One of the difficulties with Diabetes is that there are very few early signs.

High glucose levels in your blood can do damage to the vessels and functions of your blood and may cause:

- Mood swings, tiredness
- Vision and eye problems
- Increased susceptibility to heart attack
- Decrease of blood flow to wounds and very slow healing
- Numbness and tingling in the feet, which can lead to permanent damage and possibly amputation

When blood glucose is high it can also cause glucose end up in your urine which can cause:

- Blurry vision
- Increased thirst and dry mouth feeling
- Increased need to urinate

What can I do?

Have your blood glucose level tested regularly

If you have any signs of Diabetes see your doctor immediately

If you are diagnosed with Diabetes you need to be disciplined about taking your medication

If you are susceptible to Diabetes you can make some changes to your lifestyle to reduce its likelihood:

Avoid smoking, and avoid alcohol

Avoid processed foods (white sugar, white flour, white bread, pasta, sweets and packaged meals)

Eat a healthy diet (whole grains, fresh vegetables, lentils, beans, proteins, fruits, eggs, dairy)

Leave sugar out of your tea or coffee and avoid Sodas

Exercise a little every day, even walking just half an hour is fine, and 2-3 times a week something more energetic, running, swimming etc

Following these tips can make a vast difference in the likelihood and impact of Diabetes on your life.