



14th November is World Diabetes Day

- ✚ The World Diabetes Day campaign is engaging people in the diabetes cause by encouraging them to make a symbolic donation of steps accrued through various activities. A step is considered to be any activity that helps promote diabetes awareness, improve the lives of people with diabetes, promote healthy lifestyles or reduce one's individual risk of developing diabetes.
- ✚ Display the campaign posters in your home, workplace or in a public place.
- ✚ Promote the campaign among your Facebook and Twitter friends.

Definition:

Diabetes is usually a lifelong (chronic) disease in which there is a high level of sugar in the blood.

Causes:

There are two major types of diabetes. The causes and risk factors are different for each type:

- ✚ Type 1 diabetes can occur at any age, but it is most often diagnosed in children, teens, or young adults. In this disease, the body makes little or no insulin. Daily injections of insulin are needed. The exact cause is unknown.
- ✚ Type 2 diabetes makes up most diabetes cases. It most often occurs in adulthood. But because of high obesity rates, teens and young adults are now being diagnosed with it. Many people with type 2 diabetes do not know they have it.
- ✚ Gestational diabetes is high blood sugar that develops at any time during pregnancy in a woman who does not have diabetes.

Symptoms:

High blood sugar level can cause several symptoms, including:

- ✚ Excess thirst.
- ✚ Fatigue.
- ✚ Hunger.
- ✚ Urinating often.
- ✚ Weight loss.
- ✚ Blurry vision.

Some Facts And Myths Regarding Diabetes:

- ✚ People with diabetes should not exercise - NOT TRUE!! Exercise is important for people with diabetes, as it is for everybody else. Exercise helps manage body weight, improves cardiovascular health, improves mood, helps blood sugar control, and relieves stress.
- ✚ Fat people always develop type 2 diabetes eventually - This is not true. Being overweight or obese raises the risk of becoming diabetic, they are risk factors, but do not mean that an obese person will definitely become diabetic. Many people with type 2 diabetes were never overweight. The majority of overweight people do not develop type 2 diabetes.

- ✂ Children can outgrow diabetes - This is not true. Nearly all children with diabetes have type 1; insulin-producing beta cells in the pancreas have been destroyed. These never come back. Children with type 1 diabetes will need to take insulin for the rest of their lives, unless a cure is found one day.
- ✂ Don't eat too much sugar, you will become diabetic - This is not true. A person with diabetes type 1 developed the disease because their immune system destroyed the insulin-producing beta cells. A diet high in calories, which can make people overweight/obese, raises the risk of developing type 2 diabetes, especially if there is a history of this disease in the family.
- ✂ Diabetics cannot eat bread, potatoes or pasta - People with diabetes can eat starchy foods. However, they must keep an eye on the size of the portions. Whole grain starchy foods are better, as is the case for people without diabetes.
- ✂ One person can transmit diabetes to another person - NOT TRUE. Just like a broken leg is not infectious or contagious. A parent may pass on, through their genes to their offspring, a higher susceptibility to developing the disease.
- ✂ If you have diabetes you cannot eat chocolates or sweets - People with diabetes can eat chocolates and sweets if they combine them with exercise or eat them as part of a healthy meal.
- ✂ Diabetes patients are more susceptible to colds and illnesses in general - A person with diabetes with good diabetes control is no more likely to become ill with a cold or something else than other people. However, when a diabetic catches a cold, their diabetes becomes harder to control, so they have a higher risk of complications.

Complications:

Diabetes increases your risk for many serious health problems –

Skin Complications, Eye Complications , Neuropathy , Kidney Disease (Nephropathy) , Foot Complications , Stroke

Prevention:

- ✂ Keeping an ideal body weight and an active lifestyle may prevent type 2 diabetes.
- ✂ Type 1 diabetes cannot be prevented.

The good news:

With the correct treatment and recommended lifestyle changes, many people with diabetes are able to prevent or delay the onset of complications.

Reference Links:

- ✂ <http://www.medicalnewstoday.com/info/diabetes/>
- ✂ <http://www.nlm.nih.gov/medlineplus/ency/article/001214.htm>
- ✂ <http://www.idf.org/worlddiabetesday/toolkit/gp/raising-awareness>
- ✂ <http://www.diabetes.org/living-with-diabetes/complications/>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.