

DID YOU KNOW?
46.5%
of adults with
Diabetes are
left undiagnosed.

DIABETES

UNDERSTANDING THE DISORDER

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Diabetes is a lifelong disease in which the body can't process sugar properly. It is also called "diabetes mellitus" or "sugar diabetes". There are two common types of Diabetes. When people who have diabetes eat glucose, which is found in foods such as breads, potatoes and sweets, it can't be converted into energy. Instead of being converted into energy, the glucose stays in the blood. This is why people who have diabetes have blood sugar. (Glucose.) that is too high.

1 Are you at **risk of Diabetes?**

Your blood needs to always contain sugar as available energy but too much sugar is not good for your health as it may damage your heart, kidneys, eyes, nerves, teeth and gums.

You may have one or more of the symptoms mentioned. It is **advisable to visit your doctor** so that he/she can decide on the appropriate test for testing your **blood sugar**.

2 What if you could be developing **Diabetes?**

The risk of developing diabetes increases if you meet any of the following criteria:

- Low levels of HDL (good cholesterol) alongside elevated lipid (fat) levels
- Experienced diabetes during pregnancy and gave birth to a large baby (weighing 4 kg or more)
- Have a parent, sibling, or sibling with diabetes
- 40 years of age or older
- Are classified as overweight
- Belong to Black or Indian ethnic backgrounds
- If your high blood pressure exceeding 140/90 mmHg

3 Primary complications associated with Diabetes

- Kidney disease
- Eye disease that can lead to blindness
- Disease of the peripheral nerves
- Heart disease
- Stroke
- Lower limb amputation

What symptoms could be associated with high blood sugar?

- Dry and itchy skin
- Losing feeling in your feet
- A tingling sensation in your feet
- Blurry vision
- Being very thirsty
- Passing urine often, even at night
- Feeling hungry or tired often
- Losing weight
- Sores that heal very slowly



If diabetes goes undiagnosed or is not properly managed, the likelihood of complications rises significantly.

