

TREATMENT

NB!! There is no cure for diabetes. The immediate goal is to control the blood sugar and eliminate the symptoms of high or low blood sugar by:

- Taking insulin as directed.
- Taking tablets as prescribed.
- Do glucose tests regularly as required.
- Visit the clinic or doctor as directed.

HEALTHY EATING PLAN

- Meals and snacks should be eaten at regular times, 1– 4 meals a day.
- Meals should not be skipped.
- Control energy intake.
- Cut down on sugar and sweet food intake.
- Include more foods containing fiber that will also help in controlling you cholesterol levels.
- Eat less fat and fatty foods, to reduce the risk of heart disease.
- Keep salt and alcohol intake to a minimum.
- Weight loss in overweight diabetes will help improve control.
- Non-nutritive sweeteners can be used in moderation.

EXERCISE CONSIDERATIONS

- Choose an enjoyable physical activity that is appropriate for your current fitness level.
- Exercise every day, and at the same time of day, if possible (maximum of an hour).
- Monitor blood glucose levels before and after exercise.
- Carry food that contains a fast-acting carbohydrate in case the blood glucose drops excessively during exercise. E.g.

sweets, juice (energy drinks), or jam sandwich.

- Eat a balanced meal after an exercise.
- Carry a diabetes identification card.
- Drink extra fluids that do not contain sugar before, during and after exercise.

FOOT CARE

- Check feet every day, and report sores, changes or signs of infections.
- Wash feet every day with lukewarm water and mild soap, and dry them thoroughly.
- Soften dry skin with lotion or petroleum jelly.
- Check inside the shoe before wearing them.
- Protect feet with comfortable, well-fitting shoes.
- Exercise daily to promote good circulation.
- See a podiatrist or visit clinic for foot problems or to have corns and calluses removed.
- Stop smoking, nicotine hinders blood flow to the feet.



DIABETES MELLITUS



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DIABETES MELLITUS

Diabetes Mellitus (commonly known as sugar diabetes) is a variable disorder of carbohydrate metabolism caused by a combination of hereditary and environmental factors, usually characterized by inadequate secretion or utilization of insulin.

UNDERSTANDING DIABETES

In all human beings, food is broken down in the body into a form of sugar (glucose). When sugar in the blood stream rises, an organ called the pancreas begins to make a hormone called insulin. Insulin help to carry sugar in the blood to all the cells of the body where it is used as energy thus controls the level of sugar in the blood.

In people with diabetes this control system does not work properly and sugar builds in the blood. This sugar does not come from sweet things only (like jam, cold drinks, and cakes) but it also comes from other starchy foods (like bread, rice and potatoes).

TWO MAIN TYPES OF DIABETES:

Type 1

Is less common and it happens when the pancreas makes very little or no insulin. People with this form of diabetes must inject insulin into their bodies to help transporting sugar to the cells and to stay alive.

Type 2

Nine out of every 10 diabetics have this kind. In this case the pancreas makes insulin but the body cannot use it. It is sometimes controlled by diet and healthy lifestyle alone, but often also needs daily pills or (less often) insulin injections.

RISK FACTORS

Type 1

Type 1 diabetes is often discovered early in life, in childhood.

People at risk include:

- Those with a family history of Type 1 diabetes.
- Those with an immune system problem that destroys insulin-making cells in the pancreas.
- Those who have had a virus that has caused infection that damaged the pancreas.

Type 2

People over the age of 40 years who:

- Are overweight.
- Have a family history of diabetes.
- Have given birth to a baby heavier than 4kg.
- Have high blood pressure.
- Are of Indian origin.

WHAT CAUSES DIABETES?

Type 1

Genetic factors, viral infections of the pancreas and poorly functioning immune systems.

Type 2

An unhealthy, damaging lifestyle is the main cause – being overweight, getting too little exercise, smoking tobacco and using too much alcohol. Genetic factors may also play a part.



SIGNS AND SYMPTOMS

A diabetic can have high blood sugar (Hyperglycemia) or hypoglycemia when the sugar is not controlled

Hypoglycemia (Low blood sugar)	Hyperglycemia (High blood sugar)
<ul style="list-style-type: none">• Sweating• Hunger• Double vision• Impatience• Trembling• Headache• Faintness• "All gone feeling"	<ul style="list-style-type: none">• Cold and dry skin• Thirst• Dry mouth• Nausea and vomiting• Flushed face• Deep sighing• Acid breath• Headache• Pain in back and legs• Abdominal pain• Drowsiness• Dizziness• Extreme weakness

PREVENTION

Good nutrition is extremely important.

This means you must:

- Eat three meals at regular times.
- Enjoy variety of foods.
- Making starchy foods the basis of most meals.
- Chicken, fish, meat, milk or eggs could be eaten daily.
- Eat plenty of vegetables and fruit every day.
- Eat dry beans, peas, lentils and soya regularly.
- Use salt sparingly.
- Use fats sparingly.
- Drink lots of clean, safe water.
- If drinking alcohol, drink it sensibly.
- Use food and drinks containing sugar and not between meals.
- Be active