

WDD  
2012

## Diabetes: protect our future



### Types of Diabetes:

#### Type 1

Occurs in young people, usually before the age of 20 years. It has a genetic predisposition.

#### Type 2

Approximately 90 percent of all diabetes cases fall into this category. It may occur at any age but is usually diagnosed after the age of 40.

#### Gestational Diabetes

This is detected during pregnancy. Treatment is usually not required.

### Symptoms:

- Frequent Urination
- Excessive Thirst
- Unexplained Weight loss
- Extreme Hunger
- Sudden Vision Changes
- Fatigue
- Dry Skin
- More infection than usual

### General Risk Factors:

- Inherent
- Obese
- High blood pressure
- High cholesterol levels

### Prevention:

- Get more physical activity: It can help in lose weight, lower our blood sugar and boost sensitivity to insulin.
- Get plenty of fibre: Fibre delays sugar absorption, thus controlling blood sugar. Foods high in fibre include fruits, vegetables, beans, whole grains, nuts and seeds.
- Cut down fats: Avoid junk food (Burger, roadside biryani etc), eat grilled, esteemed or boiled chicken and fish.

World Diabetes Day mark on 14<sup>th</sup> Nov every year. The campaign focus on "Diabetes education and prevention". This campaign aims to **EDUCATE, ENGAGE** and **EMPOWER** youth and the general public on diabetes.

Issue Date: Nov 13, 2012