

MANAGEMENT OF DIABETES?

Diagnosis	Management
No Diabetes	<p>S – avoid or quit smoking N – eat food with low fat, low salt and low sugar content. Include 2 fruits and 3 vegetable servings daily. A – Avoid or limit alcohol intake to 1-2 standard drinks a day. P – at least 30mins of moderate exercise 5 days a week and at least twice a week of strength training. S – Manage your stress well S – be in harmony with your surroundings</p> <p>Have your blood sugar checked every 6 months.</p>
Pre-Diabetes	<p>SNAPSS as above.</p> <p>Have your blood sugar checked every 3-4 months.</p>
Diabetes	<p>SNAPSS as above.</p> <p>Attend your diabetes clinic regularly. If you are prescribed medications, take them as directed.</p>

**S – Smoking, N – Nutrition, A – Alcohol
P – Physical Activity, S – Stress,
S – Spirituality**

Take Control of your Diabetes!!

UNDERSTAND DIABETES TO LIVE A FULFILLING LIFE

For more information contact the following centres:

Diabetes Hub Centre (Suva)
325 Waimanu Road,
Phone: (679) 3215 206/3215 370
Fax: (679) 3307 213

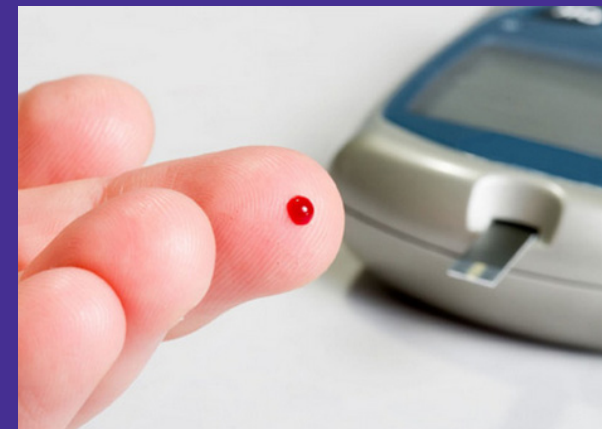
Diabetes Hub Centre (Lautoka)
Lautoka Hospital
Phone: (679) 6660 399

Diabetes Hub Centre (Labasa)
Labasa Hospital
Phone: (679) 8811 444

Or your nearest health provider.



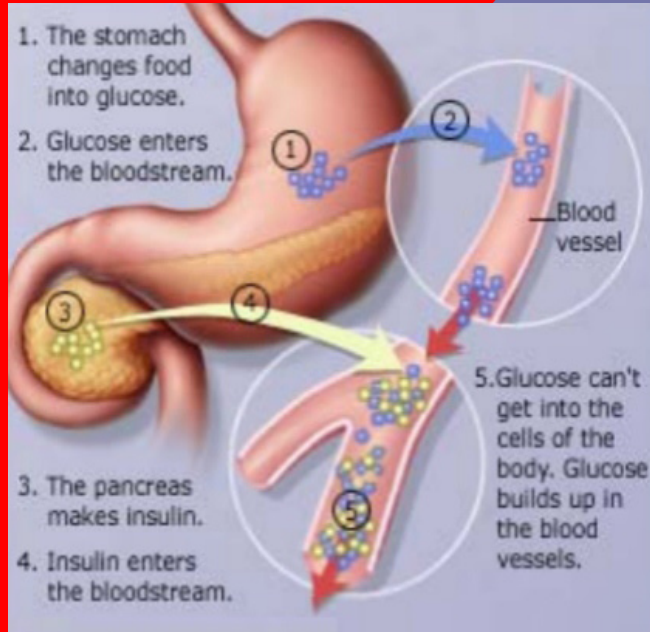
FACTS ON DIABETES MELLITUS



ACT NOW!!

WHAT IS DIABETES?

Diabetes is a disease that occurs when the body does not make enough insulin or cannot use insulin properly. When you have diabetes, the sugar builds up in your blood instead of moving into the cells.



Types of Diabetes: (3 major types)

Type 1 diabetes occurs when the body does not make any insulin. This is more common in children and young adults.

Type 2 diabetes, the body either does not make enough insulin or the cells ignore the insulin. This is more common in over weight adults and children.

Gestational diabetes develops only during the pregnancy stage.

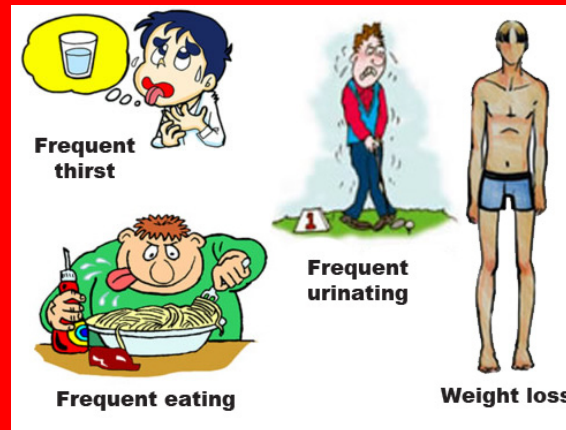
In Fiji 1 in 3 adults has Diabetes Mellitus.
It could be you!!!

WHO IS AT RISK OF DIABETES TYPE 2?

- Over 30 year olds
- Over weight or obese
- No regular exercise
- If your parents, brother/sister has diabetes
- If you have high blood pressure or high cholesterol
- If you gave birth to a baby weighing 4kg or more
- If you had gestational diabetes



TYPICAL SYMPTOMS OF DIABETES



Also:

- Lack of energy
- Frequent or recurring skin, gum, bladder or vaginal yeast infections.
- Sores that heal slowly.

DIAGNOSIS OF DIABETES

Diagnosis of diabetes is based on blood sugar level. Capillary blood glucose testing (finger pricking) if used **should be confirmed by venous blood testing.**

Venous Blood Sugar	Fasting Blood Sugar (FBS)	Random Blood Sugar (RBS)
Normal	< 6.1mmols/l	< 6.5mmols/l
Pre-Diabetes	6.1 – 7.0mmols/l	6.5 – 11mmols/l
Diabetes Mellitus	> 7mmols/l	> 11mmols/l

These values do not apply to pregnant women.

For diagnosis of diabetes you will require 2 readings on 2 different days of either 2 FBS or 1 High RBS with 1 FBS.

A single result is significant if there is a High FBS/ RBS with accompanying symptoms of diabetes.



COMPLICATIONS OF DIABETES

- Eyes - progressive blurry vision leading to blindness
- Kidneys - failure
- Nerves - numbness of feet
- Heart - heart attack
- Brain - stroke
- Skin - dryness, recurring infections

