

Definition

Diabetes is a serious condition where your blood glucose (also called blood sugar) level is too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective. Or, when your body can't produce any insulin at all.

Diabetes types

There are two main types of diabetes : type 1 and type 2.

- If you have type 1 diabetes, your body makes little or no insulin
- If you have type 2 diabetes, the cells in your body don't use insulin properly or can't produce enough to keep your blood glucose level in the normal

Diabetes risk factors

You are more likely to develop type 2 diabetes if :

- you are age over 45: the risk increases as a person get older
- you have a family history of diabetes
- you have had a high blood pressure
- you are overweight
- you have a history of gestational diabetes

These changes in **lifestyle** can allow **prevention of type 2 diabetes**, or at least delay the onset, as well as the associated complications.

Talk to your doctor!



Preventing Diabetes
is possible !

5 tips to prevent diabetes



Adopt a balanced diet

- Eat a variety of foods
- Eat 5 fruits and vegetables a day
- Optimise your fibre intake
- Reduce your consumption of fatty and salty foods
- Limit your alcohol intake
- Adjust your portions



Monitor your weight

- Calculate your body mass index (BMI= (Height*Height) / Weight)



Increase daily activities

- Physical activity is an essential part of maintaining good health. It contributes to our well-being every day
- Do 30 minutes of dynamic physical activity every day
- This can be done several times a day (for example, in 10-minute bursts)
- Physical activity is an excellent way of reducing stress manage your blood pressure, cholesterol and glucose levels and glucose levels



Avoiding stress

- Get a good night's sleep
- Being active



Try to stop smoking

- If you smoke, it's never too late to stop

Warning signs of diabetes

Here are a few warning signs of diabetes that should prompt you to consult your doctor without delay to have your fasting blood glucose level tested :



FEELING VERY TIRED



FEELING VERY THIRSTY



ABUNDANT URINE



IRRITABILITY



DIZZINESS



WEIGHT LOSS



Prevention also involves screening !



ALWAYS HUNGRY