

Diabetes

KNOW THE FACTS



Remember your ABC's when you go for your check-up

- A** – Do your HbA1c blood tests
- B** – Check your **Blood Pressure**
- C** – Check your blood **Cholesterol** levels



You're at risk of developing Type 2 Diabetes if you're...

- Obese or overweight
- Physically inactive or eating unhealthy food
- Getting older
- A smoker &/or heavy drinker
- Having high blood pressure & high blood cholesterol
- Have a family history of diabetes

How do I know if I have diabetes?

You can do a blood test to check if you have diabetes. Ask your health care provider which blood test is right for you.






If you have Diabetes...


- Go to your doctor for regular check-ups
- Eat healthy foods
- Be physically active
- Maintain a healthy weight
- Check your feet daily for cuts, sores, bruises, rashes, swelling or signs of infection
- If you smoke, quit
- Maintain a normal blood pressure and blood cholesterol level
- If you drink, ask your doctor how much is right for you

For further information:
Visit your doctor or nearest Health Centre **OR**
Ministry of Health & Wellness
Website: www.moh.gov.jm


For additional support contact the
Diabetes Association of Jamaica:

 **876-927-6774**
 **876-862-3870 / 876-397-6021**

 diabetes.drs@gmail.com
diabetesclinicja@gmail.com
diabetesclinicja@yahoo.com

 daj.thedirectiveedge.com

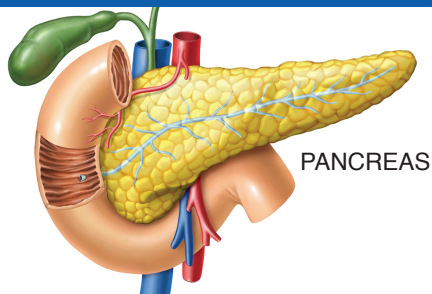
  @DiabetesJamaica

 [diabetesassociation.ja](https://www.instagram.com/diabetesassociation.ja)

What is Diabetes?

Diabetes is a condition in which the body does not properly process food for use as energy.

The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies.



When you have diabetes, your body either does not make enough insulin or cannot use its own insulin as well as it should. This causes sugar to build up in your blood. This is why many persons call diabetes “sugar”.

Diabetes affects all age groups.



There are **3** main types of diabetes:

Type 1

Persons with type 1 diabetes produce very little or no insulin.

This type of diabetes may affect persons of any age, but usually develops in children or young adults.

Persons with this form of diabetes need injections of insulin everyday in order to control the levels of glucose in the blood. If persons with type 1 diabetes do not have access to insulin, they will die.

The cause of type 1 diabetes is unknown and there is no way it can be prevented.

Type 2

For persons with type 2 diabetes, the body does not make or use insulin well and they may need to take pills or insulin to help control their diabetes.

Type 2 is the most common type of diabetes. It most often occurs in adulthood but teens and young adults are now being diagnosed with this type because of high levels of obesity in this age group.

Gestational Diabetes

This type of diabetes is high blood sugar that develops at any time during pregnancy in a woman who does not have diabetes.

Most of the time it goes away after the baby is born. But, even if it goes away, these women and their children have a greater chance of getting diabetes later in life.



What is Impaired Glucose Tolerance (ITG) and Impaired Fasting Glucose (IFG)?

Impaired Glucose Tolerance (IGT) and Impaired Fasting Glucose (IFG) are conditions where blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. These conditions are sometimes called **prediabetes**.

What are common signs & symptoms?

- Increased hunger & thirst
- Frequent urination
- Vaginal infections
- Slow healing wounds
- Blurred vision
- Extreme tiredness
- Nausea & vomiting
- Weight loss
- Weight gain
- Impotence



Type 1 diabetes is usually sudden and dramatic, while the symptoms can often be mild and absent in persons with type 2 diabetes, making this type of diabetes hard to detect.

If you have any of these symptoms, please see your doctor or visit the nearest health centre.



Is having diabetes serious?

Yes. Diabetes can affect every organ in the body. If it is not controlled, you may develop complications or problems, such as:

- Stroke and heart attack
- Foot disease – ulcers or sores that may lead to amputation if not properly treated
- Nerve damage – this can cause numbness, tingling or pain in the toes and fingers
- Kidney disease (kidney failure)
- Eye disease – reduced vision and blindness
- Hearing problems
- Skin conditions
- Gum disease and loss of teeth
- Sexual problems like impotence in men

