

If your child has an unexplained history of illness or tummy pains for a few weeks you should take the child to the doctor to be tested for diabetes.



How do I know if my child needs to be screened for diabetes?

When your child is at least 10 years old, he/she should be screened (tested) if he/she is overweight or obese and has any 2 of the following risk factors:

- A close relative that has diabetes – mother, father, sister, brother, aunt, uncle
- Signs of insulin resistance or conditions associated with insulin resistance, e.g. high blood pressure, high blood fat levels, and/or dark shiny patches on the skin especially around the neck
- Mother with a history of having gestational diabetes

Ask your health care provider if your child should be screened for diabetes or pre-diabetes.

Routine screening for diabetes in children at high risk should be done every 2 years using a fasting blood sugar test. Screening can detect diabetes at an early stage, when they have no symptoms.

REMEMBER...


Diabetes cannot be cured but it can be controlled by a proper balance of exercise, diet and medication.




LIFE DOESN'T HAVE TO END WITH DIABETES!

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.lifeforachild@gmail.com

 daj.thedirectiveedge.com

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Children & Adolescents Have Diabetes Too



**KNOW THE SIGNS!
NO CHILD SHOULD DIE FROM DIABETES**

What is Diabetes?

Diabetes is a chronic (life-long) disease in which the body fails to make insulin or to properly use the insulin it makes. Insulin is a hormone made in the pancreas that is needed by the body to store glucose (sugar) from the food we eat, so that the body can use it for energy. When insulin is absent or does not work properly, glucose builds up in the blood and causes diabetes.



Gestational Diabetes

This occurs during pregnancy due to the body not being able to use insulin properly, combined with the increased demand because of the pregnancy.

Can children and adolescents have diabetes?



Yes, diabetes is one of the most common non-communicable diseases that occurs in children and can develop at any age. In Jamaica, 1 in every 50 adolescents 15-19 years old has diabetes.

Is there more than one type of diabetes?

Yes, there are **3** main types of diabetes:

Type 1

The cells that make insulin are destroyed so that there is a total lack of insulin. This type of diabetes develops mainly in children and young adults but can occur at any age.

Type 2

The body cannot make enough insulin or cannot properly use the insulin that it makes. Many persons with Type 2 diabetes are over-weight or obese.

What type of diabetes can children and adolescents have?

Most children and adolescents with diabetes have Type 1 but they can also have Type 2. Type 2 diabetes used to occur mainly in adults but is now occurring more frequently in children and adolescents. This may be due to children becoming less physically active, eating less healthy while becoming more overweight.

How do I know if my child has diabetes?

Signs of diabetes in children includes:

- Tummy/belly pains
- Headache
- Behaviour problems
- Vomiting
- Bedwetting
- Recent weight loss (Type 1)
- Overweight (Type 2)
- Frequent urination
- Unusual thirst
- Tiredness



Changes in hormone levels during puberty can affect the body's ability to use insulin properly and lead to diabetes.