



**LIFE IS BETTER WHEN FAMILY SUPPORTS IN MANAGEMENT OF DIABETES**

Diabetes can become expensive for the individual and family if it not well controlled initially. The amount of time spends to learn about diabetes and its complications is the best way to reduce diabetes related problems. Family

support with proper education and environment to live a healthy lifestyle [balanced diet & regular exercise], will have a substantial effect in improving health outcomes for people with diabetes.



PLEASE SCAN FOR THE LOCATION



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**THINGS TO KNOW ABOUT DIABETES DIABETES CONCERNS EVERY FAMILY**



Digital Version



### ABOUT DIABETES

Diabetes mellitus (DM) is a global epidemic and India has the second largest population with diabetes in the world.

Diabetes mellitus refers to a group of disorders with hyperglycemia [ high blood glucose] caused by a complex interaction of genetics and lifestyle changes. Diabetes is a long term condition, requiring continuous medical care, education and support of a Diabetes Doctor/Educator to prevent acute complications and reduce risk of long term complications. Diabetes education is the key to self-management of diabetes related problems.

### DIABETES SCREENING AND DIAGNOSIS

(American Diabetes Association. Standards of medical care in diabetes)

#### Criteria for Diabetes Diagnosis:

FBS $\geq$ 126 mg/dL (7.0 mmol/L)* Fasting is defined as no caloric intake for $\geq$ 8 hours
2-hr PPBS $\geq$ 200 mg/dL (11.1 mmol/L) during OGTT (75-g)* Using a glucose load containing the equivalent of 75g anhydrous glucose dissolved in water
HbA1C $\geq$ 6.5% (48 mmol/mol)* GLYCATED HEMOGLOBIN - indicates previous 3 months average glucose [ NGSP-certified method and standardized to DCCT assay ]
RBS $\geq$ 200 mg/dL (11.1 mmol/L) In individuals with symptoms of hyperglycemia or hyperglycemic crisis. [To be confirmed by repeat testing]

FBS : Fasting blood sugar PPBS Post prandial blood sugar

RBS : Random blood sugar

### Prediabetes

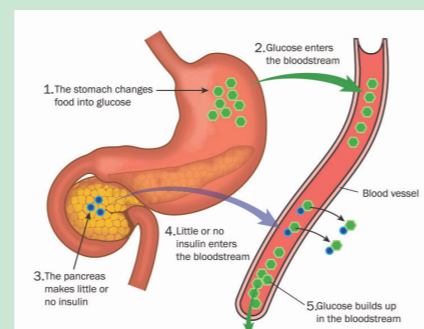
FBS100-125 mg/dL (5.6-6.9 mmol/L)  
Impaired fasting glucose (IFG)

2-hr PPBS 140-199 mg/dL (7.8-11.0 mmol/L)  
Impaired glucose tolerance (IGT)

HbA1C 5.7-6.4% (39-46 mmol/mol)

### WHAT IS DIABETES?

Diabetes means that your blood glucose level (also called blood sugar) is too high. It occurs when there is a disorder in insulin secretion or utilization of glucose or both.



Insulin is a chemical hormone secreted by pancreas that is necessary for helping our body to use the glucose [from food that we consume]. Factors contributing to high sugars include reduced insulin secretion or action resulting in decreased glucose utilization and increased glucose production. If the blood glucose levels are not maintained in the recommended range, major organs in our body may get damaged (like Kidney, Eyes, Heart & Brain).

### There are different types of Diabetes

- Type 1- Diabetes- Where there is little, or no insulin secreted in our body
- Type 2 - Diabetes- In this condition less insulin is secreted, or insulin secreted by our body does not work the way it has to work because of resistance to Insulin action
- Gestational Diabetes - Diabetes (or Glucose intolerance) that occurs or is detected for the first-time during pregnancy
- Others - Secondary hormone, Genetic [MODY, DIDMOAD], drug induced diabetes that doctor will be able to tell you.

### HOW DO I KNOW IF I HAVE DIABETES?

Diabetes in the initial stages may not produce any symptoms (although it may start causing damage to many organs in our body). It may remain undetected unless a routine test is done to find the glucose levels in the blood.

In undiagnosed patients when the blood sugar levels become very high one can have

- Frequent and increased passage of urine
- Increased thirst
- Increased hunger
- Sudden weight loss (despite increased food intake)
- Frequent Infections [urine/genital]
- Non-Healing/Delayed healing of wounds
- Recurrent Yeast (fungal) Infections
- Blurring of Vision
- Burning feet, giddiness, fatigue
- RARELY Life-threatening Emergencies (DKA- Ketoacidosis) [TYPE 1 DIABETES]

### WHEN SHOULD I GET MY BLOOD GLUCOSE LEVELS TESTED?

If you have any of the symptoms of Diabetes

or

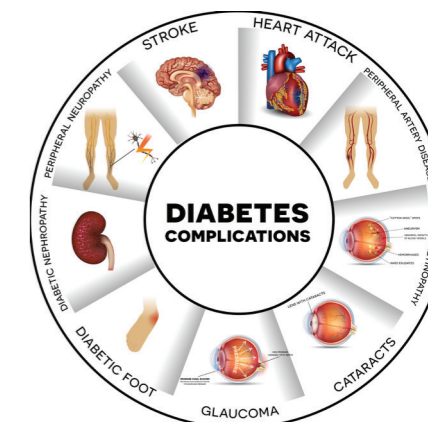
If you have any of the following risk factors it is recommended to get your blood glucose levels tested.

- Family member is having diabetes (Mother, father, brother, sister)
- You were found to have Pre-Diabetes during routine testing
- You are overweight, or your waist circumference is more than 90cms(male) or more than 80cms(female)
- You have had diabetes during pregnancy or if your baby weighed more than 4kgs at birth.
- You are having polycystic ovary syndrome
- You have high blood pressure or abnormal cholesterol levels [especially high triglycerides with low HDL]
- If you are older than 45 years, it is recommended to get your blood sugar level tested even if you do not have any risk factors

### WHY SHOULD I ACTIVELY CONTROL MY DIABETES?

Uncontrolled Diabetes can lead to several complications. It can affect the

- Nerves (Neuropathy) -> Pain & Loss of sensation (Numbness) in the limbs
- Kidney (Nephropathy) Kidney failure
- Eye (Retinopathy) Blindness
- Blood Vessels of the Heart --> Heart Attack
- Blood vessels of the Brain --> Stroke (Paralysis)
- Blood vessels of the Limbs --> Ulcer and lower limb amputation



### MANAGING DIABETES

Managing diabetes is possible only through an active partnership between you and your healthcare provider. Medications alone cannot yield desired benefits in the long run. Your active participation in the following ways is very important.

- Dietary changes as recommended
- Exercise and Weight reduction
- Giving up Alcohol/Smoking
- Taking medications regularly
- Keeping your Blood Pressure under control
- Monitoring your blood glucose and HbA1C (3-month average blood glucose level) levels regularly
- Following up with your healthcare provider periodically
- Screening for complications at recommended intervals