

DIABETES

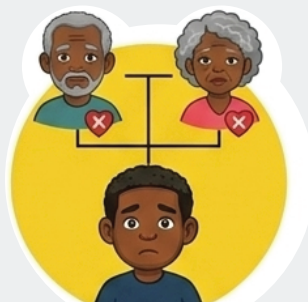
What is Diabetes?

Diabetes is a condition where there is consistently high blood sugar level. Diabetes is diagnosed when the blood sugar is high: **Fasting Blood Sugar (FBS) of $\geq 7.0\text{mmol/l}$ or Random Blood Sugar (RBS) $\geq 11.1\text{mmol/l}$**

Risk Factors of Diabetes



Older age



Family history



Black race



Obesity



Physical inactivity



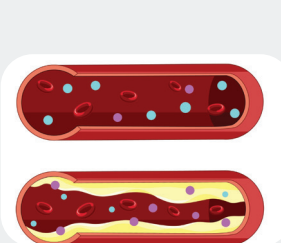
Unhealthy diet



Gestational diabetes



Hypertension



High Cholesterol



Poor sleep



Stress

Signs & symptoms of Diabetes

Most people may not have symptoms especially in type 2 diabetes, or may not notice them since they develop slowly. Regular check-ups are thus essential for early detection and prevention of complications.

Symptoms of Diabetes include:



Increased thirst (polydipsia)



Frequent urination Polyuria



Increased hunger (polyphagia)



Slow-healing sores or frequent infections



Dry mouth



Fatigue or feeling very tired



Unexplained weight loss



Blurred vision



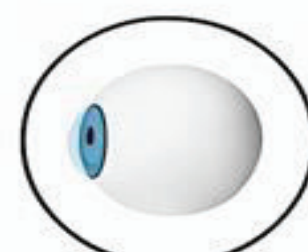
Tingling, pain, or numbness in hands or feet



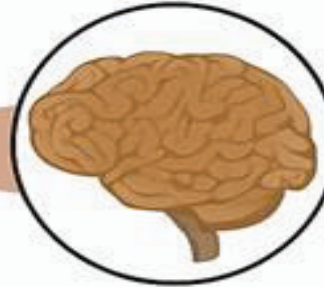
Dry mouth Recurrent yeast infections

What are the complications of Diabetes?

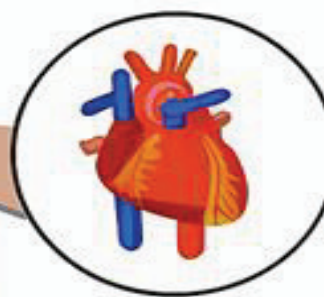
These are potential problems that could happen when high blood sugar is not controlled



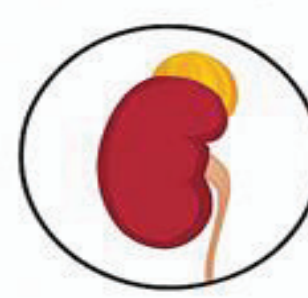
Eye disease (Diabetic retinopathy, Glaucoma, Cataract)



Stroke



Heart damage



Renal failure (Diabetic nephropathy)



Nerve disease (Peripheral neuropathy)



Diabetic foot



Arteriosclerosis

Why Keep Diabetes Under Control!

It is essential to manage Diabetes in order to:

- Ensure control of blood sugar levels
- Prevent complications like heart attack, stroke, limb amputation, kidney failure, etc.
- Improve quality of life
- Reduce healthcare cost
- Reduce risk of death

