



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# 5 THINGS YOU SHOULD KNOW ABOUT DIABETES

## 1 WHAT IS DIABETES?

You develop diabetes when your body doesn't make enough insulin or use the insulin. Without insulin your body cannot get the energy it needs from your food.

## 2 Do I have it?

You will never know as there may be no obvious signs or symptoms, the following are common.



Always thirsty!



Always tired!



Frequent passing water! (urine)



Unwanted weightloss in people younger than 35 years

## 3 Is it serious?

Yes. Without proper management it can lead to heart and kidney disease, blindness and amputation. Diabetes is a life-long condition.

## 4 Is there a cure?

No. There is effective treatment, and if you know how to take good care of yourself, based on good medical advice, you can lead an active healthy life.

## 5 Who is at risk?

Anyone, anywhere, at any age can get diabetes. Being overweight, not exercising 3 times a week and having a family history of diabetes increases the risk.

**Visit your local clinic, doctor or pharmacy for a test.**

*Fighting Disease, Fighting Poverty, Giving Hope*



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# IZELULEKO EZINGU-5 OKUMELEWONKE UMUNTU AZAZI NGESIFO SIKA SHUKELA

## 1 Siyini sona isifo sikashukela na?

Uzibona ukuthi unaso yini isifo sikashukela uma umzimba wakho wehluleka ukukhipha i-insulini. Ngaphandle kwe-insulini umzimba wakho ungekwazi ukuthola amandla owadingayo ekudleni okudlayo.

## 2 Ingabe nginayo yini i-diabetes?

Kungenzeka kungabi nazibonakaliso ezibonakalayo, lezi yizinto ezijwayelekile.



Ukoma okwedlulele!



Ukukhathala!



Ukuchitha amanzi njalo!



Nokwehla komzimba Okungachazeki

## 3 Ingabe leli yiqiniso?

Yebo, i-Diabetes isimo ongaba kuso impilo yakho yonke. Uma ungayinakekeli ngendlela efanelekileyo ungazibona usunesifo senhliziyo kanye nesifo sezinso, ungaba yimpumputhe kanti futhi unganqunywa izitho ezithile zomzimba.

## 4 Ingabe lesisifo siyelapheka na?

Cha. Nokho ikhona indlela engcono yokwelapha, ikakhulukazi nxa ukwazi ukuzinakekela ngokwakho, landlela ibhekiswe kakhulu kuzeluleko zodokotela, ngokulandela zona ungakwazi ukuphila impilo encomekayo nenempilo.

## 5 Ubani osengozini ngalesi sifo?

Noma ngabe ubani, noma ngabe ukuyiphi indawo, ngisho noma uneminyaka emingaki ungaba nayo i-Diabetes. Kodwa-ke ukuba nomzimba omkhulu kanye nokuba semndenini onomlando nge-Diabetes kuyingozi kakhulu.

**Siza uvakashela usokhemisi wangakini, udokotela noma emtholampilo/ekliniki ukuze uhlolwe ukuthi unaso isifo soshukela na.**

*Silwa Nezifo, Silwa Nobubha, Sinika Ithemba*