

If you are found to be diabetic, what should you do?

Diet

- Eat a well-balanced diet with a lot of fruits and vegetables.
- Avoid eating food which contains a lot of fat
- Sugar and sugar-containing food/drinks should be totally* avoided.*the only exceptions are when a patient feels faint, or is ill and cannot eat normally.
- Eat food which contains a lot of fiber such as millet, sorghum beans, peas, roller meal
- 100% fruit juices and diet sodas should be totally avoided
- Limit salt intake
- Never skip meals, have three balanced meals every day.
- Meet with a diabetes-knowledgeable dietitian/nutritionist or your healthcare provider at your health facility to develop a personalized meal plan that fits your needs

Lifestyle

- Avoid smoking
- Avoid alcoholic drinks
- Avoid being overweight
- Exercise regularly
- Always remember to take your medicines as per healthcare provider's instructions
- Go for regular checkups to check your blood sugar levels and overall health as recommended by your health worker

Foot care

- Inspect your legs and feet (top, bottom and between your toes) daily for presence of any scratch, cut, blister or wound. You may use a mirror or ask a family member to help you.
- Wash your feet every day in lukewarm water, dry them carefully using a soft towel (also between the toes.)
- Always keep your feet dry
- Trim your toe nails after washing your feet (it is safer to cut nails when they are soft)
- Do not wear tight sock/ shoes, wear shoes and socks that fit well.
- Do not walk barefoot- to avoid injuries to the feet

- Take care to avoid burns
- Do have your feet examined by a health worker at every visit to the clinic (at least four times a year).

Remember...

People with diabetes can lead long normal healthy lives if they manage their condition well by:

- Always taking medicines as per your healthcare provider's instructions to help your body keep the level of sugar in a normal range.
- Healthy eating and exercise to manage diabetes
- Discussing your diet and exercise plans with your healthcare provider
- Talking to your healthcare provider about any other medicines you are taking- including vitamins and herbals.
- Regularly checking your blood sugar to know if your medicines are helping - checking blood glucose levels also helps you make changes in your diet, exercise, and medicine that can improve your blood sugar levels and prevent them being too high or too low

All diabetic patients should have a "medic-alert" bracelet or necklace, and are advised to join the Zimbabwe Diabetes Association

For More Information please Contact:

Zimbabwe Diabetes Association Center for Diabetes Management
Belvedere Harare

+263 77 2 805905

diabetesass@gmail.com



With the support of the



WORLD DIABETES FOUNDATION



TYPE 2 DIABETES FACTS



What is Diabetes?

Diabetes is a disease commonly known as sugar disease. A person suffering from diabetes has too much blood sugar. Diabetes is not an infectious or a contagious disease.

What Causes Diabetes?

Diabetes is caused by lack of insulin; a substance in the blood which the body needs to use sugar. When there is not enough insulin in a person's blood or the body is not using it properly, this will result in too much sugar in the blood.

What Are The Signs Of Diabetes?

The person:

- Always feels thirsty and the mouth feels dry
- Passes urine more frequently than normal
- May have sudden weight loss
- May feel hungry all the time
- May not see clearly
- May have itching around the genital area
- May have recurrent boils
- Always feels tired
- May become unconscious

Who Gets Type 2 Diabetes?

Anybody can develop diabetes, but the following types of persons are at a higher risk to developing it:

- Those who have diabetes in their family - father, mother or any blood relative
- Those who are overweight
- Those that do not exercise or perform less or no physical work

- History of diabetes whilst pregnant or giving birth to a baby weighing more than 4 kg
- High blood pressure and or high amount of fat in the blood
- People over 40 years old.

If You Do Not Have Diabetes, How Can You Prevent It?

- Maintain a healthy body weight
- Do exercises regularly at least forty minutes three times a week
- If you have a close relative with diabetes, go for checkups every six months
- Eat a well-balanced diet with a lot of fruits and vegetables

If Someone Feels They Have Diabetes, What Should They Do?

- Go to the nearest health center or hospital and have their blood sugar checked

What Are The Complications Of Diabetes?

1.Low Blood Sugar

A person can get low blood sugar if;

- They take tablets for diabetes without eating enough food
- They inject themselves with insulin without proper guidance from healthcare provider
- They exercise without eating or exercise more than normal

What are the signs of low blood sugar?

- Feeling shaky and jittery
- Feeling nervous
- Feeling dizzy
- Feeling hungry
- Confusion / lack of coordination
- Feeling the heart beating fast
- Excessive sweating
- Person may go into a coma

What do you do if you experience signs of low blood sugar?

- Eat or drink something sweet such as fruit juice or sugar solution immediately
- Go to the nearest health center or hospital

2.High Blood Sugar

A Person can get high blood sugar if:

- They do not take medicine as instructed by the health worker
- If the person with diabetes does not go for regular check ups
- If the person does not eat the recommended diet
- If the person does not exercise as recommended

What Are The Signs Of High Blood Sugar?

- Urinating more than normal
- Feeling very thirsty
- Feeling weak and tired
- Person may go into a coma

What do you do if you experience signs of high blood sugar?

- Take the usual dose of medicine immediately and go to the nearest health center or hospital

Long Term Complications of Diabetes:

If a Person with Diabetes is not given correct treatment, they may develop:

- Damage to the eyes leading to blindness
- Damage to the nerves leading to loss of feeling
- Injury to the feet leading to gangrene
- Kidney failure
- Stroke and Heart Failure
- Sexual problems including infertility and impotence
- Foot problems and amputations

To prevent these complications, ensure that your blood sugar is well controlled by:

- Taking all the medicines as per your healthcare provider instructions
- Doing exercises regularly
- Eating a well-balanced diet with a lot of fruits and vegetables
- Checking your blood sugar levels regularly