

WHAT IS DIABETES?

Diabetes is a condition where the body cannot control the amount of glucose or sugar levels in the blood

Type 1

Insulin dependant
Young people under the age of 20 who have a generic history of Diabetes



Type 2

Non-insulin dependant or lifestyle Diabetes in adults who are overweight, inactive or eat too much



DIABETES WARNING SIGNS

- Frequent urination or feeling thirsty
- Excessive hunger and loss of weight
- Tired and feeling weak
- Itchy skin rashes
- Blurred vision
- Slow healing wounds

Early detection of these symptoms should be checked by a doctor immediately



DIABETES RISK FACTORS

SA has the Highest Incidents of Diabetes in the World



Your Health is up to **YOU**
Diabetes **CAN** Be Beaten

HEALTHY LIVING WITH DIABETES

Keep a Personal Health Record to Manage Your Diabetes

- Exercise regularly to keep your weight in check
- Maintain a healthy diet
- Keep record of your blood glucose level, blood pressure, cholesterol and weight
- Take your medication

