

UNDERSTAND DIABETES



TAKE CONTROL



world diabetes day

14 November

A campaign led by the
International Diabetes Federation

The premier awareness campaign of the diabetes world

When does World Diabetes Day take place?

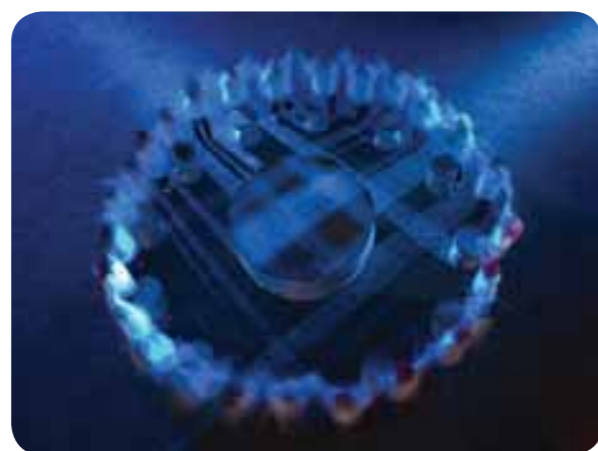
World Diabetes Day takes place on 14 November every year. The date was chosen because it marks the birthday of Frederick Banting, who, along with Charles Best, is credited with the discovery of insulin. While many events take place on or around the day itself, a themed campaign runs throughout the year.

How did it all begin?

World Diabetes Day was introduced by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in 1991, in response to concern over the escalating incidence of diabetes around the world. Since then, the event has grown in popularity every year.

Why the Blue Circle?

The blue circle signifies the **UNITY** of the global diabetes community in response to the diabetes pandemic.



The Table of Silence, Targa Jiu, Romania

What is diabetes?

Diabetes is a chronic condition that arises either when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. Insulin is a hormone made by the pancreas that enables cells to take up glucose from the blood and use it for energy. Failure of insulin production, insulin action or both leads to increased sugar levels in the blood. This is a method used to determine whether a person has diabetes or not. This high sugar level in the blood is associated with long-term damage and failure of various organs and tissues.

Types of diabetes:

Type 1 diabetes

Type 1 diabetes is an autoimmune disease characterized by the destruction of the insulin-producing cells in the pancreas. Consequently, people with type 1 diabetes produce very little or no insulin and must take insulin by injection or insulin pump to survive. There have also been recent advances in delivering insulin in other ways. Type 1 diabetes, which used to be called juvenile-onset diabetes, is most commonly diagnosed in children and young adults.

Type 2 diabetes

The development of type 2 diabetes is marked by insulin resistance. This resistance to insulin action is mostly due to the fact that people with this diabetes are overweight or obese. In this state, the patient cannot use the insulin that they produce effectively. They can often manage the condition through exercise and diet. However, in many cases oral drugs are needed and often insulin is required. Type 2 diabetes accounts for over 90% of the 250 million cases of diabetes worldwide. Of major concern is that type 2 diabetes prevalence is increasing at an alarming rate in children.



Gestational Diabetes Mellitus (GDM)

Gestational diabetes (GDM) is a type of diabetes in which women, without previously been diagnosed with diabetes, have high blood sugar levels during pregnancy. GDM affects about 4% of all pregnant women. Maternal body weight during pregnancy

Is a risk factor for GDM. It has few symptoms and usually disappears at the end of pregnancy. GDM poses a risk to both mother and unborn child. Babies of mothers with GDM are at increased risk of being large for gestational age (which can lead to delivery complications), are at higher risk for some other medical complications after delivery and often have an increased life-long risk of glucose intolerance and obesity. Women previously diagnosed with GDM have a significantly higher risk of developing type 2 diabetes in the future. Reduction of body weight during pregnancy leads to prevention of diabetes. Other more rare types of diabetes also exist.

Complications of diabetes

Diabetes is a chronic, life-long condition that requires careful monitoring and control. Without proper management it can lead to very high blood sugar levels. These are associated with long-term damage and failure of various organs and tissues.

“There is no such thing as mild diabetes.”



Complications include:

- Cardiovascular disease, which affects the heart and blood vessels and may cause fatal complications such as coronary heart disease (leading to a heart attack) and stroke.
- Kidney disease (diabetic nephropathy), which may result in total kidney failure and in the need for dialysis or kidney transplant.
- Nerve disease (diabetic neuropathy), which can ultimately lead to ulceration and amputation of the feet and lower limbs.
- Eye disease (diabetic retinopathy), characterized by damage to the retina of the eye which can lead to vision loss.

A global epidemic

Today, there are more than 250 million people with diabetes worldwide. The majority of the other people may be walking around not knowing that they have diabetes. Therefore, within the next 20 years, this number is expected to grow to 380 million. Diabetes is a global epidemic with debilitating and life-threatening complications.

Prevention

At present, type 1 diabetes cannot be prevented. The environmental triggers that are thought to generate the process that results in the destruction of the body's insulin producing cells are still under investigation. Type 2 diabetes can be prevented through the following steps obtained from the IDF Consensus on type 2 diabetes prevention.

Three-step plan for the prevention of type 2 diabetes

1. **Identification of those who may be at higher risk** - People at high risk of developing diabetes must be identified through opportunistic screening by doctors, nurse and pharmacists, and through self-screening using a questionnaire
2. **Measurement of risk** - Individuals at high risk must have their blood sugar levels measured by a health professional. This will detect cases of undiagnosed diabetes and those who are pre-diabetic (with impaired fasting glucose or impaired glucose tolerance)
3. **Intervention to prevent the development of type 2 diabetes** - Achieving a healthy body weight and moderate exercise can help prevent the development of type 2 diabetes. Exercise at least 30 minutes daily by brisk walking, swimming, cycling or dancing should be the initial intervention for all people at risk.



Diabetic Diet

Diet for diabetics is a healthy balanced diet which is vital for diabetes treatment. For optimum results, use the food pyramid for guidance on the foods required. The regulation of blood sugar in the non-diabetic is automatic, adjusting to whatever foods are eaten. But, for the diabetic, extra caution is needed to balance food intake with exercise, insulin injections and any other glucose altering activity.

Management of diabetes through education:

It is important for the person with diabetes that their family, healthcare provider and diabetes caregiver work together to develop a diabetes management plan.

Why diabetes education?

- To take proper informed decisions
- To make behavioural changes
- To address the psychosocial issues presented by diabetes
- To be empowered to manage diabetes effectively

Poor management results in poor health outcomes, and increased development of complications

Understand diabetes: Know the warning signs*

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Tiredness
- Lack of interest and concentration
- Vomiting and stomach pain (often mistaken as the flu)
- A tingling sensation or numbness in the hands or feet
- Other signs include blurred vision, frequent infections and slow-healing wounds

*These can be mild or absent in people with type 2 diabetes.



Everyone including diabetes patients should follow the above food pyramid

World Diabetes Day Theme 2009-2013

DIABETES EDUCATION & PREVENTION

This 2009–2013 campaign calls on all those responsible for diabetes care to understand diabetes and take control.

A) Diabetes caregivers and educators:

Understand Diabetes & Take Control

B) People with Diabetes:

Empower yourself through education about diabetes

C) Government:

Implement effective strategies and policies for the prevention and management of diabetes to ensure that our citizens with and at risk of diabetes receive the best possible care.

D) Healthcare professionals:

Improve your knowledge of diabetes so that evidence-based recommendations are put into practice.

E) The general public

understand the serious impact of diabetes,
know how to identify the condition;
know how to avoid or delay diabetes and its complications.

Key messages of the campaign

- Know the diabetes risks and know the warning signs
- Know how to respond to diabetes and who to turn to for help
- Know how to manage diabetes and take control

World Diabetes Day

- Promote the importance of structured diabetes education programmes in the prevention and control of diabetes.
- Advocate for opportunities for diabetes education within healthcare systems and communities

Find your campaign-
toolkit online at:

www.worlddiabetesday.org/toolkit



All the information in this pamphlet was obtained from the World Diabetes Day website:
www.worlddiabetesday.org

and

International Diabetes Federation
www.idf.org

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The World Diabetes Day campaign in 2009 aims to:

- Empower the diabetic patient to manage the disease effectively
- Raise awareness of the warning signs of diabetes
- Educate people without diabetes on how to prevent or delay the disease
- Distribute materials to request government to implement strategies and policies for the prevention and management of diabetes
- Promote healthy lifestyles to help prevent type 2 diabetes



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International
Diabetes
Federation



World Health
Organization