

Prevention

Risk of type 2 diabetes can be reduced by:

1. Active Lifestyle

- 150 mins of moderate to intense aerobic activity
- Two or more days per week of strengthening exercise

2. Healthy Eating

- Variety, balance, moderate
- Less refined carbohydrate food (e.g. white rice, white bread, refined noodles)
- More wholegrain food (e.g. brown rice, wholemeal bread, rolled oats)

3. Healthy Lifestyle

- Maintain a healthy weight
- Say no to smoking
- Go for regular health screening

Summary

- Diabetes is becoming more common in Singapore
- Being active, having a healthy diet and lifestyle play an important part in diabetes prevention
- Go for regular health screening for early detection

Community Health

Preventing Diabetes



What is Diabetes Mellitus?

- The food we eat becomes sugar (glucose) in our body
- Our body can only use sugar for energy with the help of a hormone named insulin
- In diabetes, insulin is either
 - not produced or
 - the body does not respond to it
- This causes high blood sugar and poor fat usage in the body

Risk Factors of Diabetes

Cannot be changed:



Family history



Age



History of Gestational Diabetes (diabetes during pregnancy)



Ethnic group

Can be changed:



Overweight



Lack of exercise



Unhealthy diet



Smoking

Short-term Complications of Uncontrolled Diabetes

Weaker immune system

- Skin or fungal infections
- Poor wound healing



Poor body functions

- Weakness, fatigue
- Numbness in hands or feet
- Blurry vision



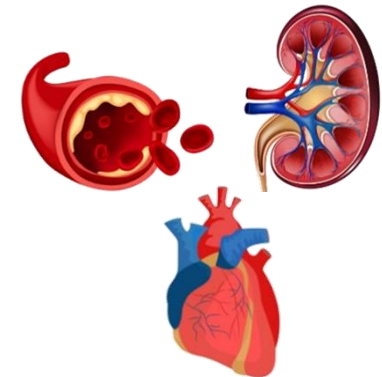
Hunger and thirst

- Increased appetite, weight loss
- Increased urination, causing increased thirst

Long-term Complications of Uncontrolled Diabetes

Macrovascular

- Damage to the main blood vessels
- Blood vessels can become blocked
- Can cause:
 - High blood pressure
 - Heart disease
 - Stroke



Microvascular

- Damage to small blood vessels
- Can cause:
 - Retinopathy (eye condition) or blindness
 - Kidney failure
 - Nerve damage
 - Wounds become infected and may lead to amputation
 - Erectile impotence