

DIABETES

Living Well with Diabetes

What is Diabetes Mellitus?

- Diabetes is a condition in which there is too much sugar (glucose) in your blood
- Our body can only use sugar for energy with the help of insulin hormone
- For diabetics, insulin is either:
 - not produced or
 - the body does not respond to it



Type 1 Diabetes

Usually inherited and occurs mainly in children and young adults when the body produces little or no insulin.



Type 2 Diabetes

Most common form of diabetes and adults are more likely to get it. It happens when the body does not use insulin properly or produce enough of it.

What Puts You at Risk?

Cannot be Changed

Family History

Age

Ethnic Group

History of Gestational Diabetes

Can be Changed

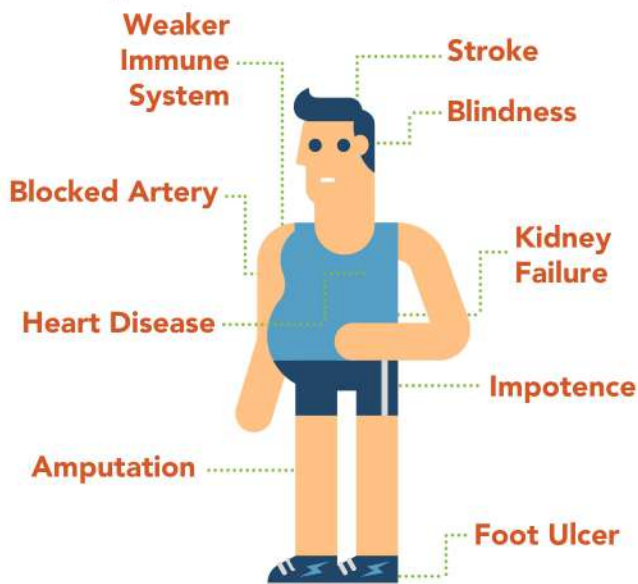
Overweight

Unhealthy Diet

Smoking

Lack of Physical Activity

Complications of Diabetes



What Can You Do to Manage Diabetes?

- ✓ **Exercise for at least 150 mins per week**
- ✓ **Monitor Your Blood Pressure, Blood Sugar and Cholesterol Levels**
- ✓ **Take Your Medication as Prescribed by Your Doctor**
- ✓ **Take Care of Your Foot**
 - Look out for swelling and redness as these may be signs of infection
- ✓ **Maintain a Healthy Diet**
 - Take more oats, fruits, vegetables and whole grains
- ✓ **Maintain Your BMI Between 18.5 – 23kg/m²**
- ✓ **Take Care of Your Mouth**
 - People with diabetes tend to have higher risks of oral health problems
- ✓ **Limit Alcohol and Caffeine Intake and Do Not Smoke**
- ✓ **Manage Your Stress Levels**

Take Note!

- Diabetes is becoming more common in Singapore
- An estimate of 1 million Singaporeans will have diabetes by 2050
- Being active, having a healthy diet and lifestyle play an important part in preventing diabetes
- Go for regular health screening for early detection



Scan to find out more about your condition

CENTRE FOR Health Activation
Building a Community of Carers