



WORLD DIABETES DAY

NOV 14th – The Family and Diabetes

The purpose of this one day is to raise awareness of a condition that millions of people all around the world live with every day. Once seen as a disease of affluent societies, diabetes has become a growing problem in developing countries—an increase driven largely by a rise in obesity. Of the estimated 1.5 million global diabetes deaths in 2012, more than 80% occurred in low and middle income countries.

About 1% of deaths in Kenya were directly attributable to diabetes in 2012, according to WHO data.¹ But this is likely an under-estimate, says Dr Gojka Roglic, who leads WHO's global work on diabetes.

It's very important that people with diabetes maintain good control of their condition to help reduce and avoid long term complications, and there have been huge advances in this area over recent years. However, it is vitally important that development work continues, to ensure people with the condition can live as normal a life as possible.

Essentially, diabetes is about the body's ability (or lack of it) to produce the required amount of a hormone called insulin to control glucose levels in the blood. There are broadly two types of diabetes: Type 1 requires daily administration of artificial insulin by means of injection or insulin pump. Type 2 is more generally managed by a combination of dietary control and medication in the form of tablets.



Diabetes Blood Testing

Tips on how to avoid diabetes include:

- Lose excess body fat. Being overweight is a big risk factor for diabetes.
- Follow a plant-based, low-calorie diet. Eat a variety of fruits and vegetables—a dietary pattern studies show reduces diabetes risk.
- Drink at least 2 litres of water per day.
- Exercise for at least 30 minutes thrice a week.
- Stress less.
- Sleep well.
- Keep medical appointments.

Ways of avoiding diabetes complications include:

- Control your blood sugar levels. Keep your blood sugar within the healthy range.
- Eat a well balanced diet.
- Exercise regularly.
- Check your feet daily for sores, cracks or fissures.
- Have a yearly eye check.
- Check your blood pressure regularly.
- Keep your cholesterol levels low.