

# Diabetes

**Diabetes** is a condition where the **sugar (glucose) level in the blood** becomes higher than normal. It may arise due to an unhealthy diet, physical inactivity, obesity, stress or a family history of diabetes. Symptoms can vary **depending on the type and severity of diabetes. Some people may not notice any symptoms.**



## Symptoms:

- Frequent urination, feeling very thirsty & tiredness
- Increased hunger but losing weight
- Blurred vision
- Frequent infections
- Tingling or numbness in hands and feet
- Irritability and itchy skin

## Dangers:



- Heart disease, stroke, and high blood pressure
- Kidney problems
- Vision problems (can lead to irreversible loss)
- Nerve damage causing numbness or infections in hands and feet
- Delayed wound healing, leading to ulcers or amputation

## Prevention & Management:



- **Do not ignore symptoms and get your blood sugar checked regularly**
- **Eat** a balanced diet of fibre, whole grains, fruits, protein and vegetables
- **Engage** in regular physical activity and get adequate sleep
- **Avoid** tobacco and limit alcohol
- **Maintain** a 4-5 hour gap between each meal
- **Wash** your feet in warm (not hot) water & monitor them regularly.
- **Take** medicines only as prescribed by your doctor