

‘ACCESS TO DIABETES CARE: EDUCATION TO PROTECT TOMORROW’

- **Diabetes Mellitus is a chronic illness where the blood sugar is higher than normal.**
- **There are two (2) major types of diabetes mellitus;**



Type 1 (early onset)

Type 2 (late/adult onset)

- **Diabetes cannot be cured, but can be treated.**
- **Diabetes can develop at any age.**
- **People with diabetes may or may-not have symptoms.**
- **Check your fasting blood sugar at least once a year.**
- **Never substitute your orthodox diabetes medication with herbal or supplementary preparations.**
- **Exercise is key in the fight against type 2 diabetes mellitus.**

SYMPTOMS OF DIABETES MELLITUS;



FREQUENT URINATION



INCREASED THIRST



HUNGER



WEAKNESS



WEIGHT LOSS



BLURRED VISION



NAUSEA



SLOW HEALING OF CUTS/BRUISES



TINGLING IN HANDS

HOW CAN I LOWER MY RISKS?

**Get tested and start
NEW *Lifestyle:***

Nutrition

Exercise

Water





Diabetes: education to protect tomorrow

More than 90% of diabetes care is self-care.

Do you have the knowledge to make informed decisions?

Take charge of your diabetes care



Diabetes: education to protect tomorrow

One in nine people will have diabetes by 2030. This will put more pressure on healthcare professionals to provide the best care.

How up-to-date is your knowledge?

Diabetes: education to protect tomorrow



The **rise of diabetes** is putting healthcare professionals under increasing pressure. They need to make the most of the limited time they have to **provide the best possible advice and care** to the millions of people affected by diabetes.

Governments have committed to **ambitious targets** that will guide their action on diabetes over the **next decade**. Investment in the **training of healthcare professionals** is essential to **improve diabetes diagnosis rates** and **quality of life** for people with diabetes.



1 in 9
people will be living with diabetes by 2030

Almost **1 in 2**
people with diabetes are **undiagnosed**

WHO DIABETES COVERAGE TARGETS TO BE ACHIEVED BY 2030

- Target 1:** 80% of people with diabetes are diagnosed
- Target 2:** 80% of people diagnosed have a good control of blood glucose
- Target 3:** 80% of people diagnosed have a good control of blood pressure
- Target 4:** 60% of people with diabetes over 40 years receive statins
- Target 5:** 100% of people with type 1 diabetes have access to affordable insulin treatment and blood glucose self-monitoring

When did you last update your knowledge?

Access free diabetes education at:
worlddiabetesday.org/understandingdiabetes
#WorldDiabetesDay #EducationToProtect

