



Diabetes

Diabetes occurs when the body cannot use all the sugar in the blood as energy for the body's cells.

Insulin removes sugar (glucose) from the blood and converts it into energy, but if the body produces little or no insulin, or if the body is insulin resistant, the blood sugar level will be too high.

BLOOD sugar levels

When blood sugar level exceeds these limits, a doctor should do a formal test to diagnose diabetes.



Normal fasting blood sugar level



Non-fasting level (measured at any time of the day)



causes of Diabetes

sources

- Genetics
- Obesity
- Lack of exercise
- Unhealthy meals

Symptoms



increased thirst



dry mouth



urate frequently



tired



recurrent infections

types

Type 1

Young age
Normal BMI
No family history
Insulin required

Type 2

Middle-aged & elderly
Overweight/obese
Family history
Insulin not necessarily required

effects of Diabetes



EYES: It can cause vision loss



TEETH: It causes teeth and gum infections



HEART & BRAIN: It can lead to a stroke and heart disease



KIDNEYS: It damages the vessels in the kidneys and prevents the kidneys from filtering blood properly



BLOOD SUGAR: It leads to elevated blood sugar levels



NERVES: It leads to nerve damage which causes pain and numbness in hands and feet

Medihelp helps you to manage your diabetes by offering you access to screening tests, cover for your treatment, as well as advice and support with managing the condition.

Make use of your available **additional insured benefits** to test your blood sugar level

Register your **chronic medication** for PMB should you use medication for diabetes

Join Medihelp's free online health and wellness platform, **HealthPrint**, to receive added value

Follow these easy steps to lower blood sugar levels naturally

- Exercise regularly
- Control your carbohydrate and fibre intake
- Drink enough water to stay hydrated
- Practise portion control and choose foods with a low glycaemic index (GI) or foods that are rich in chromium and magnesium

