

BEAT DIABETES



Pacific
Community
Communauté
du Pacifique

Information Sheet

‘Stay Super, Know about Diabetes and Beat it’

The diabetes crisis is hurting human, social and economic development in the Pacific. Let's beat it!

What is diabetes?

Everyone has some sugar in the blood. If you have too much sugar in your blood, then you have diabetes. Too much sugar in your blood can damage your body.

How do I know if I have diabetes? Most people with diabetes do not have any symptoms, so it is important to have your blood level checked regularly. Some common symptoms are:

Weight loss	Extreme tiredness	Increased hunger	Excessive thirst	Frequent urination	Tingling and numbness	Blurred vision	Unhealed wound

Am I at risk of diabetes?

You are at risk if you:

eat unhealthy foods and drinks (e.g. too much fatty, salty and sugary foods and drinks)	are overweight or obese	are physically inactive	are above 40 years of age	have a close family member with diabetes	have diabetes during pregnancy

Is diabetes serious?

Yes, if not well treated, it leads to serious, even deadly complications. Check your blood sugar level regularly because diabetes increases the risks of:

- loss of vision and blindness
- foot ulcers and amputations
- heart attack
- kidney disease
- stroke

What can I do to prevent diabetes?

You can prevent or delay the onset of diabetes by:

-  eating a healthy, balanced diet with more vegetables and fruits and less fatty, salty and sugary foods and drinks
-  regular physical activity (e.g. brisk walking) for at least 30 mins every day
- keeping your weight as close as possible to the normal range

What should I do if I have any symptoms or risk factors for diabetes?

- see a health worker immediately for testing and confirmation, and follow their advice
- diabetes CANNOT be cured but it CAN be controlled and good treatment is readily available

Contact the Public Health Division for more information:
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