

Who are at risk of diabetes?

- Obese people
- People with sedentary lifestyles
- Children of persons with diabetes
- People with hypertension
- People with high cholesterol levels

Can type 2 diabetes be prevented?

Research shows that people at risk for type 2 diabetes can prevent or delay developing type 2 diabetes.

What can I do to prevent type 2 diabetes?

Eat a regular, balanced diet	Eat less fat and salt. Eat more fiber—choose whole grains, fruits and vegetables. Do not skip or delay meals.
Exercise	Get at least 30 minutes of moderate physical activity for at least 5 days a week.
Control your weight	If you are overweight or obese, start weight reduction.
Quit smoking	Quit smoking and avoid exposure to cigarette smoke.
Limit intake of alcohol	Dietary guidelines recommend no more than 2 drinks for men and no more than 1 drink per day for women.
Find time to relax	Very stressful life events, frequent and intense feelings of anger and tension are associated with increased risk for developing type 2 diabetes.

About the Diabetes Project

The Diabetes Project aims build local capacities through an integrated approach for the prevention, control and management of complications and disabilities linked to diabetes.

Implementation of the Diabetes Project is spearheaded by Handicap International (HI), in partnership with:

- Davao City Health Office (CHO);
- Davao Jubilee Foundation for the Rehabilitation of the Disabled, Inc. (DJFRD);
- Davao Medical Center (DMC); and
- Davao Sugar Multipurpose Cooperative (DASUMULCORE).

The Diabetes Project is a 3-year project that will be piloted in 10 barangays in Davao City, which include the following:

1. Pampanga
2. Lapu-Lapu
3. 23-C Miniforest
4. 5-A Bankerohan
5. Matina Aplalya
6. Ma-a
7. Talomo Proper
8. Toril
9. Mintal
10. Calinan

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<http://www.utsa.edu/utoday/2006/03/diabetes.cfm>

Is diabetes common among Filipinos?

Yes! It is estimated that there are about 3 million Filipinos who are diabetic, 50% are undiagnosed. Another 3 million Filipinos have impaired glucose tolerance which is a risk factor for future diabetes and cardiovascular disease.

Here in Davao City, diabetes is the 14th cause of illness and the 9th cause of death. In 2006 alone, diabetes...

- Affected 2 persons everyday; and
- Killed 5 persons every week.

What is diabetes?

Diabetes mellitus, or simply diabetes, is a disease which results from build-up of high levels of sugar due to the following conditions:

- the pancreas does not produce enough insulin;
- the body cannot properly use insulin; or
- both.

Insulin is a hormone produced by the pancreas. It helps keep the blood sugar at the right level. It is necessary for the proper use of sugar by muscles, fat and liver.

What are the signs and symptoms of diabetes?

FREQUENT URINATION	EXCESSIVE THIRST	EXTREME HUNGER
UNEXPLAINED WEIGHT LOSS	POOR WOUND HEALING	
WEAKNESS	VAGINAL ITCHINESS	ANTS IN THE URINE
BLURRED OR DISTORTED VISION	RECURRENT INFECTIONS	



If you have any of these symptoms, especially if you are overweight or hypertensive, you should see your doctor right away for proper guidance and treatment.

How do I confirm if I have diabetes?

The diagnosis of diabetes is based on the following blood tests:

- Fasting Blood Sugar or FBS, also known as Fasting Plasma Glucose (FPG), is the blood sugar level after 8 hours of fasting.
- 2-Hour Post-Glucose or 2HPG, is the blood glucose measured 2 hours after taking 75 grams of glucose.

FBS ≥ 126 mg/dl (≥ 7 mmol/L)

2HPG ≥ 200 mg/dl (≥ 11.1 mmol/L)

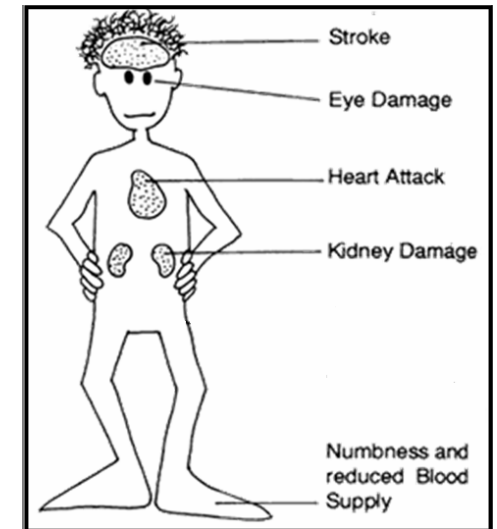
The above criteria is based from *Definition, Diagnosis and Classification of Diabetes Mellitus and its Complications*. WHO, 1999.

The diagnosis of diabetes should always be confirmed by repeating the test on another day unless there are obvious symptoms.

What are the complications of diabetes?

Complications may happen in persons who have had uncontrolled diabetes for a long time. These include:

- **Diabetic Retinopathy:** damage to the retina of the eyes, manifested by blurring of vision which may eventually lead to blindness.
- **Diabetic Nephropathy:** damage to the kidneys, occurs in 20—30% of patients with diabetes. Without intervention, this may progress to end-stage renal disease, in which patient may need kidney transplant or lifetime dependence on dialysis.



Modified from http://www.dva.gov.au/health/menshealth/07_diabetes.htm.

- **Cardiovascular Disease:** damage to the blood vessels predispose them to heart attack and stroke.
- **Neuropathy:** damage to the nervous system. Symptoms include numbness, tingling, or pain in the toes, feet, legs, hands, arms and fingers. Impotence and vaginal dryness are also observed.
- **Diabetic Foot:** poor wound healing may eventually lead to sore, gangrene and amputation.

What are the types of diabetes?

TYPE 1

- Pancreas does not produce insulin
- Insulin shots are required for life
- Patients are generally thin
- Begins during childhood or adolescence

TYPE 2

- The pancreas is capable of producing insulin but may not be enough for the body
- The body does not utilize insulin efficiently
- Common among adults, especially with increasing age

GESTATIONAL DIABETES

- Gestational diabetes or GDM is a condition of glucose intolerance with onset or first recognition during pregnancy.
- GDM is usually diagnosed during the second or third trimester of pregnancy.