



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION



Diabetes



Definition:

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone made by the pancreas that the body uses to convert the food that you eat into energy needed for daily life.

Causes:

The cause of diabetes is a mystery, although both **genetics** and **environmental** factors such as obesity and lack of exercise appear to play roles.

Types of diabetes:

Type 1

Diabetes occurs most frequently in children and young adults, although it can occur at any age. Occurs when the pancreas stops producing substances called insulin.

Insulin is a hormone made naturally in your pancreas. Insulin is what your body needs, to use the food you eat for energy.

Risk factors for type 1 diabetes

- The main risk factor for type 1 diabetes is a long family history of this chronic disease.

Type 2

Diabetes affects the body, when the insulin fail to reduce the blood sugar level This condition is known as insulin resistance.

It is the most common type of diabetes. It usually occurs in adults, but is increasingly seen in children and adolescents.

Risk factors for type 2 diabetes

- Family history of diabetes.
- Overweight.
- High blood pressure.
- Age above 45 years old.
- Metabolic syndrome (also called insulin resistance syndrome).
- Abnormal lipid levels.
- History of gestational diabetes.

Gestational Diabetes

Some women develop diabetes during the late stages of pregnancy. This is called **gestational diabetes**.

Although this form of diabetes usually goes away after the baby is born, a woman who has had it has a lifelong risk for developing diabetes, mostly type 2.



Risk factors of gestational diabetes:-

Risk factors that can make you more likely to have gestational diabetes are including:

- Obesity.
- A family history of Type 2 diabetes (parent, brother or sister).
- An unexplained stillbirth or neonatal death in a previous pregnancy.
- A very large infant in a previous pregnancy (4.5kg or over).
- You have had gestational diabetes before.

Symptoms

Symptoms of type 1 diabetes:

- Fatigue.
- Increased thirst.
- Increased urination.
- Nausea.
- Vomiting.
- Weight loss in spite of increased appetite.



Symptoms of type 2 diabetes:

- Blurred vision.
- Fatigue.
- Increased appetite.
- Increased thirst.
- Increased urination.





Diagnosis of diabetes:-

Diabetes can often be detected by carrying out a urine test, which finds out whether excess glucose is present. This is normally backed up by a blood tests.

Types of blood tests:-

- **Fasting blood glucose test**

Blood glucose levels are checked after fasting for between 12 and 14 hours, it is the most common test for diagnosis of diabetes.

- **Random blood glucose test**

Blood glucose levels are checked at various times during the day, and it doesn't matter when you last ate.

- **Oral glucose tolerance test**

A high-glucose drink is given. Blood samples are checked at regular intervals for two hours. Glucose tolerance tests are used when the results of the fasting blood glucose are borderline. They are also used to diagnose diabetes in pregnancy (gestational diabetes).

- **HbA1c test**

A blood test called the hemoglobin A1c (HbA1c) assay is often used to monitor the progress of the condition and the effectiveness of treatment.

How to adapt to Diabetes?

Once you have diabetes, you should have planned day and changes in your lifestyle, also you should have a fully understanding of the treatment program. The diabetes management is something you have to deal with it in all aspects of your life.

Ways to adapt diabetes and avoid fatigue:

- Diabetes cannot be predicted, and blood sugar levels fluctuate as a result of things beyond your control. Warm weather , stress, and hidden carbohydrates, high levels of sugar in the blood and diseases are examples of the factors that affect your sugar levels, but difficult to quantify.
- Accept that it is out of your hand to control 100% of your blood sugar level, so do not feel guilty if your blood sugar goes up.
- Try to be connected to the [World of Diabetes](#), join their personal or electronic social networks, and participates in any diabetes magazine, This helps you to Know that you are not alone, and keeps you updated with the latest news, product and development of the diabetes.
- Remember that everything is about you. Giving yourself a good care will give you the best quality of life.

Prevention

There is no foolproof way to prevent diabetes, but steps can be taken to improve the chances of avoiding it:



- **Physical Activity and Exercise:** Physical activity if done daily, at least 30 minutes of moderate physical activity for 5 days a week, has a protective effect against diabetics.
- **Lose weight:** The benefits of losing weight to decrease the blood sugars and to reduce or eliminate the need for medication.
- **Diet:** The use of a diet low in calories and in saturated fat is an ideal strategy for preventing diabetes.
- **Stop smoking** is one of the best ways to help prevent the damaging effects of diabetes.



Treatment for Diabetes

The aim of diabetes treatment is to keep, within reason, blood glucose levels as near to normal as possible.

Type 1 diabetes: is treated with insulin, exercise, and a diabetic diet.

Type 2 diabetes: is treated first with weight reduction, a diabetic diet, and exercise. When these measures fail to control the elevated blood sugars, oral medications are used.

If **oral medications** are still insufficient, treatment with insulin is considered.



Remember:

- If you have one or more of diabetes symptoms, see your doctor right away.
- Changing your lifestyle could be a big step toward diabetes prevention and it's never too late to start.
- Early diagnosis and treatment will help to prevent diabetes-related complications.

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