

What is diabetes?

The process of digestion turns many of the foods we eat into glucose (sugar). Glucose is the fuel the body needs for energy and normal functions. Insufficient or lack of insulin leads to accumulation of glucose in the body leading to diabetes and the associated complications.

Type 1 diabetes.

This disease occurs at every age and size. In type 1 diabetes, the body does not produce insulin.

Type 2 diabetes.

This is the most common form of diabetes. The body does not make enough insulin or can not use it properly. It usually appears after the age of 40, although it can also be seen in children.

Diabetes in pregnancy.

Occurs in some women during pregnancy, usually between 6th to 7th month of pregnancy. Most of these women may develop type 2 diabetes later in life.

There is no shame in having this disease. You can live a long and healthy life by working with your doctor, eating proper foods, exercise, and insulin therapy or pills.

Risk factors for type 2 diabetes.



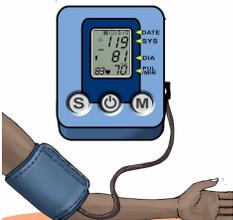
Obesity & sedentary lifestyle



Family history



More than 40 years old



Hypertension



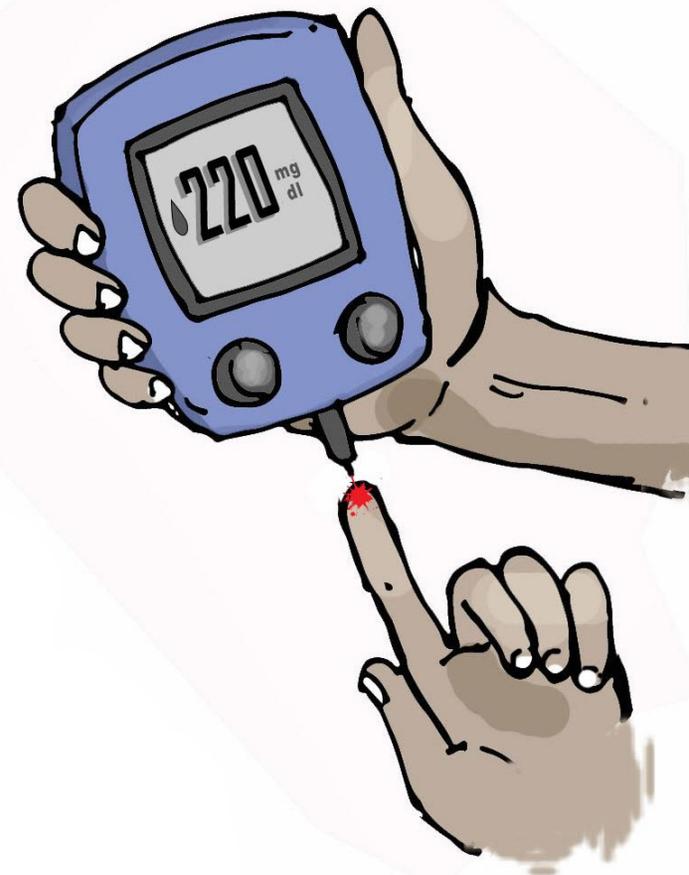
Diabetes in pregnancy

Start a asibiti co-operative health association in your community today and we can all work together to combat this silent killer. Go to asibiti.com to find out more.

asibiti Community against diabetes and Hypertension.

Learn about diabetes.

What's my blood sugar?



A healthy family is a healthy community is a healthy nation.



Increased hunger



Increased thirst

Visit a doctor to get tested for diabetes today if you have any of these symptoms.



Weakness



Increased urination



Blurred vision



Weight loss



Tingling hands/feet



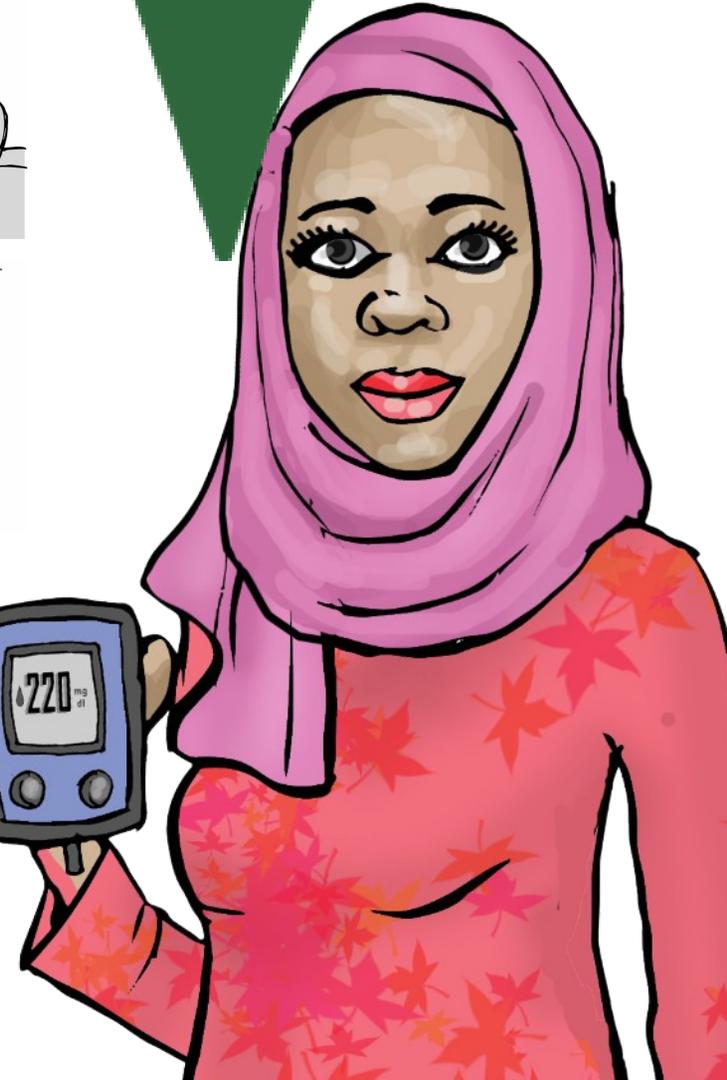
Frequent infections



Erectile dysfunction



Foot ulcers



Please take your medications correctly and see your doctor from time to time. Speak to your doctor before taking any new medicine.