

What is Diabetes?

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces



Types of Diabetes

- Type 1
- Type 2
- Gestational Diabetes



Management of Diabetes

- Annual Hba1c
- Multi-disciplinary approach
- Self-monitoring of Blood Glucose
- Setting a goal to achieve target levels with the help of adjusting medication, exercising regularly and adjusting carbs
- Eat small, regular healthy meals
- Take tablets or insulin injections if your doctor recommends them
- Having regular blood tests will help to show if you are managing your diabetes correctly
- Don't smoke if you have diabetes
- Exercising & eating will help you lose weight



The importance of self-monitoring of blood glucose (SMBG)

Self-monitoring of blood glucose is a useful tool for patients with diabetes to maintain glycemic control.

	<u>Type 1</u>	
Pre-meals	-	4-5.5 mmol/l
2 hours	-	7, 8, 9mmol/l
	<u>Type 2</u>	
Pre-meals	-	6-7mmol/l
After meals	-	10-11mmol/l
	<u>Elderly</u>	
Pre-meals	-	7 – 8mmol/l
Post-meals	-	10-12mmol/l



Exercise & Diabetes

Try exercise 3 times a week for 30 minutes each time. Any kind of exercise helps. Here are some benefits:

- Exercise helps your insulin to work better
- Exercise can help you lose unhealthy weight (fat)
- Exercise makes you fit and strong
- Exercise reduces stress and makes you feel better



COVID19 & Diabetes

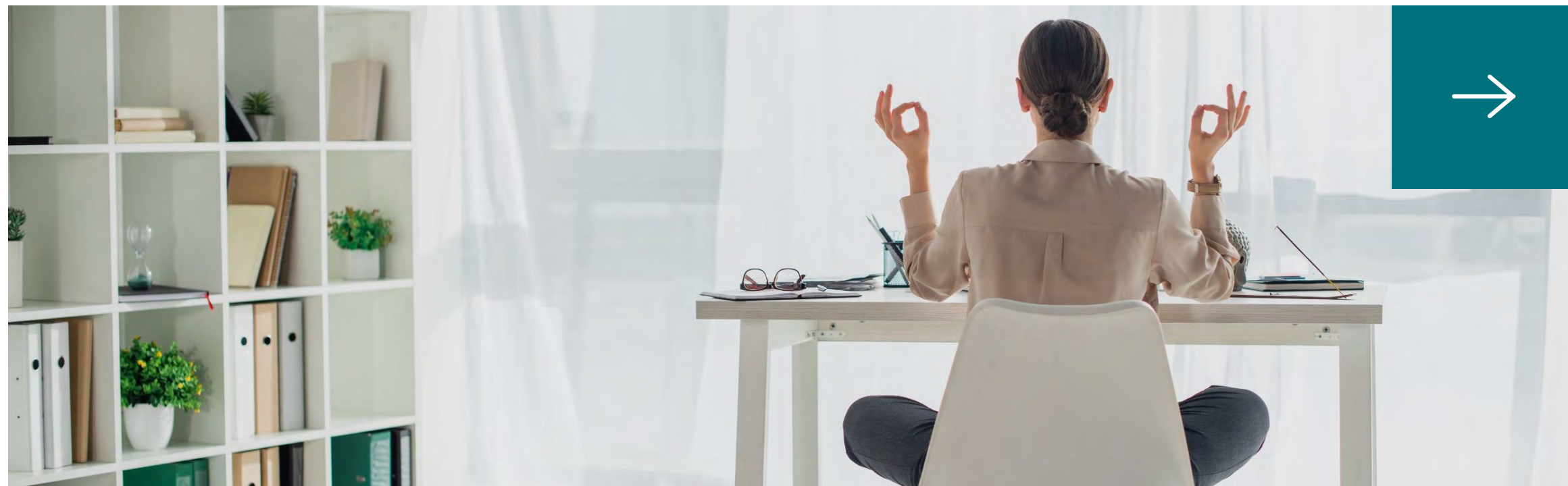
Research is still ongoing; however, it looks as though it is damaging Beta Cells & you may have to use insulin for a while / permanently.

- If target levels are compromised after Covid & fasting blood sugar remains above 8.0mmol/l you might need to continue with injectable.



Blisters & Chronic Wounds

- Keep feet dry at all times.
- Wear appropriate shoes (minimal movement on the foot)
 - Treat nail fungus.
- Use Colloid products with any oozing/wet wounds.
- Seek professional help if not healed within 4-6 weeks.



Conclusion

- You don't want to have normal blood glucose readings; you don't have a normal pancreas.
- Enough treatment is necessary to control you Diabetes.
- Wounds heal better with good control.

You must control your diabetes.
Don't let it control you!





Thank you for your time!

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