

Prevent Diabetes

SYMPTOMS OF DIABETES

1. Always thirsty
2. Frequent urination
3. Feeling tired and fatigue
4. Weight loss even though eating well
5. Wounds and sores heal slowly
6. Itchiness especially in private areas

COMPLICATIONS DUE TO DIABETES

1. Kidney disease
2. Heart attack
3. Blindness
4. Coma or unconsciousness
5. High blood pressure
6. Stroke
7. Neuralgia (nerve problems)
8. Gangrene and sores resulting in amputation of the leg

CAN DIABETES BE CURED?

Diabetes cannot be cured but it can be controlled by:

- Controlling diet
- Exercising every day
- Taking medication/insulin according to schedule
- Maintaining ideal body weight that is Body Mass Index (BMI) between 18.5 and 23.0 kg/m²

Formula For Calculation

$$\text{BMI} = \frac{\text{Body Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$



HEALTHY DIET

REGULAR EXERCISE

IDEAL BODY WEIGHT

PREVENT DIABETES

SIRI DIABETES

PREVENT DIABETES

Live Healthy to Prevent Diabetes



MINISTRY OF HEALTH
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Be Healthy For Life

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P r e v e n t D i a b e t e s

WHAT IS DIABETES?

A condition when a person's sugar in the blood exceeds the normal level for a long period. Diabetes occurs when the pancreas fails to produce sufficient insulin or the body is unable to use the insulin produced effectively. If ignored, diabetes can cause serious complications.



MAIN TYPES OF DIABETES

Type I

- Normally found in children or teenagers
- Can be controlled with only insulin injections, controlled diet and exercise

Type II

- Normally occurs in adults aged 40 years and above and individuals who are overweight
- Usually can be controlled only with controlled diet and exercise or combination of diet, exercise and medication
- Has a family history of diabetes

Type III

- This condition is temporary
- Usually occurs owing to hormonal change during pregnancy



RISK FACTORS

• Family History of Diabetes

If one of the parents or siblings is diabetic, the chances of an individual inheriting the disease is high

• Excess Body Weight

Diabetes often occurs in those who are overweight/obese

• Inactive Physically

Those who are not active or do not exercise much have a high risk of getting diabetes

• Unhealthy Diet

Intake of food that is high in fat and sugar, and insufficient intake of fibre increases the risk of diabetes.

• Age

Advanced age

