

World Diabetes Day

Newsletter

14/11/2018

DIABETES

Insulin is a hormone that regulate blood sugar level. Diabetes is a also named as hyperglycaemia or increased blood sugar level due to insufficient production or utilisation of insulin in the body.

DIABETES IS ON THE RISE....

- According to World Health Organization (WHO) Data about **422 million people** worldwide have diabetes.
- Diabetes is one of the leading cause of death in the world- Around **1.2 million death** caused by diabetes every year.
- **1 in 3 adults** are overweight and **1 in 10 is obese**.
- In INDIA **8.7%** Diabetic population estimated in age group of **20 to 70 year**.

TYPES OF DIABETES

Type-1 Diabetes

Juvenile Diabetes or Insuline dependent diabetes.

Pancreas produces little or no insulin by itself in the body.

Type-2 Diabetes

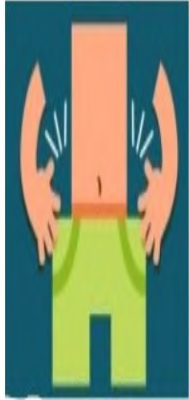
Non-insulin dependent diabetes

Body's ineffective use of insulin due to overweight or physical inactivity

Gestational Diabetes

Elevated blood sugar level during pregnancy

SIGNS & SYMPTOMS OF DIABETES



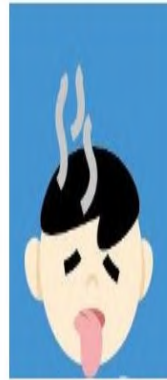
Unexplained Weight loss



Tiredness



Increased Hunger



Excessive Thirst



Frequent Urination



Blurred Vision



Low Libido



Increased Irritability



Slow Wound Healing



Tingling of limbs

CAUSES OF DIABETES



Family history



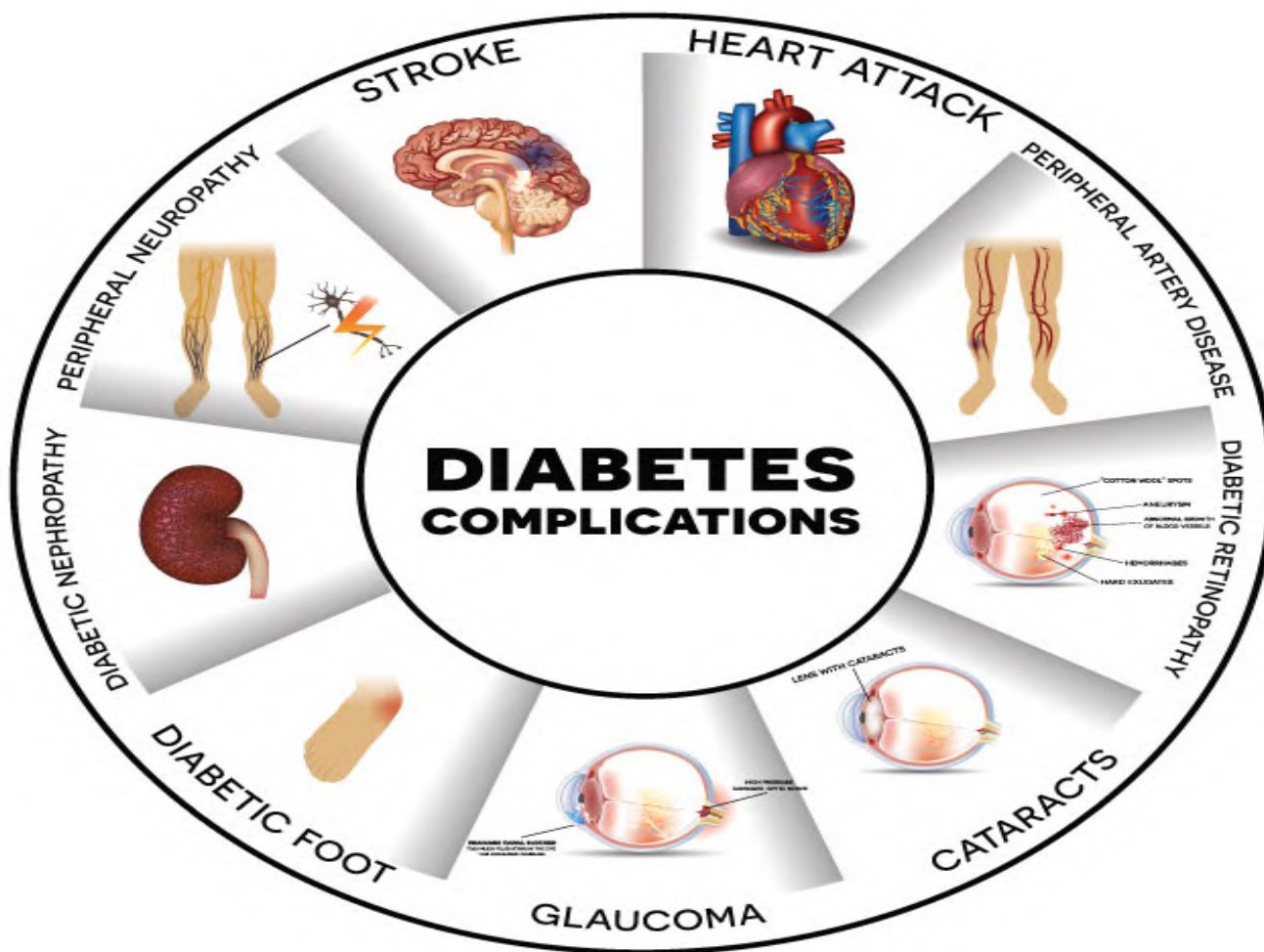
Lack of exercise



Unhealthy eating



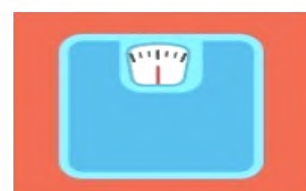
Overweight



Avoid Smoking and Alcohol



Keep healthy lifestyle-Exercise Daily



Keep Normal Weight

PREVENT THE DIABETES BY



Get regular diagnosis and treatment



Control A1C, Blood Pressure & Cholesterol

The food we choose in our diet can make a difference in managing Diabetes and Blood Sugar level.



Reference: www.who.int

GUJARAT STATE PHARMACY COUNCIL

Drug information Centre

Old Nursing College Building, Block No-4/
A, 3rd Floor, Opp. Cancer Hospital, Gate
No-6, Asarwa, Ahmedabad, Gujarat

Phone: 07922681014

E-mail: dic.gspc.nic@gmail.com



www.gujaratpharmacycouncil.org