

PROTECT YOURSELF AGAINST DIABETES

What is Diabetes?

You develop diabetes when your body can't use glucose (sugar) properly. Instead of burning up the sugar through your everyday activities, the average amount of sugar in your blood rises.

What are the signs and symptoms of Diabetes?

- ❖ You may be diagnosed after you go to your GP (family doctor) because:
 - you feel tired or ill;
- ❖ you have been losing weight;
- ❖ you have an infection that is slow to clear up;
- ❖ you are always thirsty – the increased glucose in your blood brings more water through the kidneys to be passed as urine causing thirst and dehydration;
- ❖ your vision is blurred –extra glucose can be absorbed into the eye and cause blurred vision.

What are the complications of Diabetes?

If this abnormally high sugar level is not treated it can harm different parts of the body. The complications diabetes can cause include damage to:

- ❖ the eyes;
- ❖ kidneys;
- ❖ heart;
- ❖ blood vessels; and
- ❖ nerves

If diabetes is detected early, it can be treated and the risk of developing serious problems can be greatly reduced.

You may come to the Occupational Health Facility for screening