

Accident & Emergency
Department



Patient Information

Diabetes

(Sugar)

Diabetes

Diabetes is a condition where the levels of sugar in the blood are too high.

This happens because the body is unable to produce enough insulin, the product or hormone that controls blood sugar levels.

There are two type of diabetes. Type I usually starts in childhood or young adulthood due to there being a severe lack of insulin. Type 2 usually starts over the age of 40 years and develops when the body cannot produce enough insulin or when the insulin produced does not work properly.

The patient will complain of feeling tired always, being very thirsty, passing large amount of urine, loss of weight, itching of

the genitals or episodes of thrush or difficulty seeing.

Persons more at risk include those having a close relative with diabetes, over the age of 40 years, overweight, Asian or black and women who have had a baby weighing more than 4 kg (8lbs).

Everyone with diabetes should eat foods low in fat, sugar and salt. Also eat plenty of fruits and vegetables. No smoking, exercise regularly and avoid being overweight. Have regular checkup at your local community clinic.

Remember uncontrolled diabetes could cause heart disease, blindness, kidney damage, nerve damage and lack of sexual function especially in male.

CONTROL YOUR DIABETES!