

You can do something to prevent or delay Type 2 Diabetes!!

Make changes in the way you live:

- If you are overweight or obese, lose 5-10% of your body weight.
- Try to maintain normal weight.
- Exercise by walking for 30 minutes each day, 5 days per week. This will reduce the possibility of developing diabetes by 58%.
- Do not smoke.
- Keep your blood pressure under control.
- Eat the right food: fruits, vegetables, foods high in fiber.
- Reduce the amount of fats, sugar and starch that you eat.
- Drink plenty of water.
- Reduce the amount of sweet drinks such as Cokes, Fantas and Sprites.
- Teach your children to eat the right foods during and after weaning.
- Encourage your children to go outside and play.

It is estimated that half of all cases of diabetes could be avoided if adults would not become overweight. Overweight youth have a 70% chance of becoming diabetics. Most youth are overweight because they eat too much and do not get enough exercise.

How can I stay healthy if I have diabetes?

Although people with diabetes cannot be cured, they can live a long and healthy life. The single most important thing they can do is to **control their blood sugar**. This can be done by doing the following:

- Eat right.
- Exercise regularly.
- Maintain a healthy weight.
- If a doctor prescribes oral medicine or insulin, take it faithfully as directed.
- Check your blood sugar as often as the doctor suggests.
- See a doctor for regular check ups.

Maintain a healthy lifestyle to control your Diabetes. Do not let diabetes control you.

Share this information with someone.

This material was compiled by Connie Sheffler from information found in "**Where There Is No Doctor**", articles in **Graphic Newspaper** Oct. 6 and Nov. 18, 2004 written by **Ghana Diabetic Association**, from article in Nov. 1, 2004 **Woman's Day** written by **American Diabetic Association** and from the **US Embassy's tract on Diabetes**.

*Christian Leadership Training Inst.
Box DD168
Dodowa, Accra*

DIABETES

What is it?

An organ in the body called the pancreas produces a chemical called insulin. Insulin enables the body to use sugar from our food as a fuel for the body. When the pancreas does not produce enough insulin, the body cannot use the sugar as fuel. Sometimes the body does not properly use the insulin to turn the sugar into fuel. In both cases, the sugar is then passed out of the body through our urine. The body becomes weak because it does not have enough fuel. We call this disease ***diabetes***.

An easy way to identify the disease of diabetes is to test the urine to see if there is sugar in it. If there is sugar in your urine, then your body is not properly using sugar as a fuel and you have the disease called diabetes. You must see a doctor for evaluation and treatment

There are two types of Diabetes

Type 1: The pancreas stops producing insulin. There is no way that the body can convert the sugar from food into fuel. This type of diabetes is a life threatening emergency. If not treated with insulin injections, the person will soon die.

Type 2: The body may be producing some insulin, but not enough, or the body does not properly use the insulin to turn sugar into fuel. Nearly 95% of all people