

## Common Signs and Symptoms of Type 2 Diabetes

- Frequent urination.
- Increased hunger.
- Excessive thirst.
- Unexplained Weight loss.
- Lack of energy, extreme tiredness.
- Blurred vision.
- Repeated or severe infections such as vaginal infections.
- Slow healing of wounds.

If the blood glucose stays too high, it can cause damage to the

- Kidneys – causing kidney failure.
- Heart and blood vessel disease - causing heart attack and stroke.
- Nerves damage - causing numbness, tingling in hands and/or feet, foot ulcers and infections.
- Eyes - causing blindness.
- Oral cavity – causing gum diseases.



In your community, the ANM, with your help will undertake screening of all adults of 30 years and above for diabetes. This will take place on a fixed day. Individuals who have normal blood glucose should be screened once in a year. Any individual diagnosed with high Blood sugar should be referred to a higher level for further diagnosis and management.

It is the medical officer's responsibility to develop a treatment plan for the patient, based on the level of blood glucose and the presence of other conditions such as high levels of blood pressure and fat. The treatment plan includes not just anti-diabetic medication but also a plan for addressing any modifiable risk factors. Your role is to ensure that the patient adheres to the treatment and makes changes in her/his lifestyle to reduce modifiable risk factors.

## Blood Glucose Estimation

A glucometer is a device used to determine glucose levels in the blood. It enables a blood glucose check using a small drop of blood. For the purposes of screening, any patient with a random blood sugar over 140 mg/dl should be referred to the medical officer for further investigation.

### Blood glucose estimation using a glucometer

#### Tools

- Cotton (dry or with spirit); swab.
- Lancet (needle).
- Lancet device (pricker).
- Test strips.
- Glucometer.
- Sharp bin.
- Alcohol based wipe.

