

15

INSANE LIES
About
Diabetes You
Must know



Uderika.com

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Please, help spread the knowledge and make a positive impact on the health of your friends and loved ones by sharing this guide with them

For enquiries, feedbacks and comments please feel free to contact us at hello@uderika.com

Introduction.

This guide was compiled by uderika.com, a passionate group of young Nigerian healthcare providers who came together with the aim of empowering individuals with the right medical knowledge. Basically, our aim is to teach you all you need to know about your health so you can and start making informed health decisions.

At [Uderika.com](https://uderika.com), we aim to share all our medical knowledge and break down complex health concepts into simple, easy and fun videos, so that, everyone can understand - *Medicine is not difficult.*

Why this guide

To arm the millions of individuals battling the challenge of diabetes mellitus and to encourage those who are doing a good job in conquering this challenge.

Thank you

“Service to others is the rent you pay for your room here on earth” – Mohammed Ali

Our dedication extends beyond providing accessible health information. As part of our social mission, we aspire to provide quality education to the vulnerable and underserved Nigerian children. Through our *Buy a Course, Gift a Future*, we provide education for a Nigerian child for every course purchased.

We believe that by equipping the younger generation with essential health knowledge, we can create a healthier and more informed society, reducing the burden of preventable diseases and promoting overall well-being.



Is the earth flat or spherical?

The Flat Earth Society comprises individuals who maintain the belief that the Earth is flat, despite substantial evidence to the contrary. The persistence of such a belief prompts the question: *why do individuals continue to adhere to notions that are overwhelmingly disproven by evidence?*

Similarly, each of us may harbor certain beliefs despite compelling evidence contradicting them. This guide seeks to examine some less conventional beliefs about diabetes.

Before delving into these beliefs, let's briefly consider the reasons why individuals may persist in maintaining certain convictions despite the presence of contradicting evidence.

1. Cultural and Social Traditions:

Many myths are deeply ingrained in a culture's history and traditions. People often grow up hearing these stories and myths from their parents, friends, and community members, and they become an integral part of their identity and beliefs.

2. Explaining the Unexplained:

Myths often provide explanations for mysteries of the world when scientific or logical explanations are not available or easily understood. Myths can serve as a way to make sense of the unknown.

3. Psychological Comfort:

Myths can offer comfort and reassurance in the face of uncertainty or fear. They can provide a sense of order and purpose in the world, which can be psychologically reassuring.

4. Identity and Belonging:

Myths often help reinforce a sense of identity and belonging within a particular group or society. Believing in and retelling these stories can create a shared sense of heritage and community.

5. Lack of Access to Information:

In some cases, people may not have access to accurate information or education to help them critically evaluate myths. They may believe in myths due to limited exposure to alternative perspectives.

If you are curious about “The flat earth society”- click on this link to find out more about them
<https://theflatearthsociety.org/home/>

15 False Things About Diabetes You Must Know



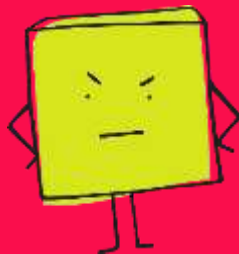
1. Eating too much sugar causes diabetes:

Diabetes is a complex condition influenced by various factors, including genetics, lifestyle, and obesity. While consuming excessive sugar can contribute to weight gain and obesity, it doesn't directly cause diabetes. Type 1 diabetes is an autoimmune disease, and type 2 diabetes is primarily linked to lifestyle factors.



2. Only overweight people get type 2 diabetes:

While obesity is a risk factor for type 2 diabetes, people of all body types can develop the condition. Genetics, physical inactivity, and poor diet are also contributing factors.



3. Diabetes is a "mild" disease:

Diabetes is a serious medical condition that, if not managed properly, can lead to severe complications like heart disease, kidney problems, vision loss, and nerve damage. It requires ongoing care and attention.



4. People with diabetes can't eat any sugar:

People with diabetes can consume sugar in moderation as part of a balanced diet. It's more important to monitor overall carbohydrate intake, manage blood sugar levels, and follow a personalized meal plan.



5. Insulin cures diabetes:

Insulin is a vital treatment for people with diabetes, but it is not a cure. It helps regulate blood sugar levels, but diabetes management involves more than just insulin therapy.



6. Diabetes is contagious:

Diabetes is not contagious; it cannot be spread from person to person like a cold or flu. It is influenced by genetic and environmental factors.



7. People with diabetes should only eat special "diabetic" foods:

There is no need to buy expensive or specialized "diabetic" foods. A healthy, balanced diet that includes a variety of whole foods is important for managing diabetes.



8. Only older adults get type 2 diabetes:

While type 2 diabetes is more common in adults, it can affect people of all ages, including children and adolescents.



9. People with diabetes can't participate in physical activities:

Regular exercise is beneficial for people with diabetes, as it helps improve insulin sensitivity and manage blood sugar levels. It's essential to consult a healthcare provider to develop a safe exercise plan.



10. You can "outrun" diabetes through exercise:

Exercise is important for diabetes management, but it cannot cure the condition. Diabetes is a lifelong condition that requires ongoing care.



11. Diabetes medications are addictive:

Diabetes medications are prescribed to help manage blood sugar levels, and they are not addictive substances



12. Diabetes is caused by witchcraft or spiritual curses:

Some believe that diabetes is a result of supernatural forces, leading to stigma and discrimination against individuals with the condition. There is evidence to back this up.



13. Diabetes is a rich person's disease:

Some believe that diabetes is a condition only afflicting those with higher economic status. Diabetes can affect anyone irrespective of their social status.



14. Traditional herbal remedies can cure diabetes:

There is a misconception that herbal treatments alone can effectively manage or cure diabetes, leading some individuals to rely on alternative therapies instead of evidence-based medical interventions.



15. You can't live a normal life with diabetes:

Some believe that a diagnosis of diabetes means a person cannot live a normal and fulfilling life, contributing to emotional and psychological challenges for individuals with the condition. You can live a normal and fulfilling life with diabetes.

What next?

You have made it to the end of this guide. We just want to say “thank you for investing in your health”. We advise that you go through this material at least 10 more times – you will only be better for it.

We also encourage you to share this guide with relatives and friends.

For feedbacks and comments, please contact us at hello@uderika.com

IMPORTANT NOTICE!!! PROMO PROMO



I want to encourage you to take advantage of our Promo on our course on diabetes – **Learning how to conquer diabetes.** (*Limited offer*). It is a course designed by young Nigerian doctors with the aim of teaching you all you need to know about conquering diabetes. It is fun and easy to follow.

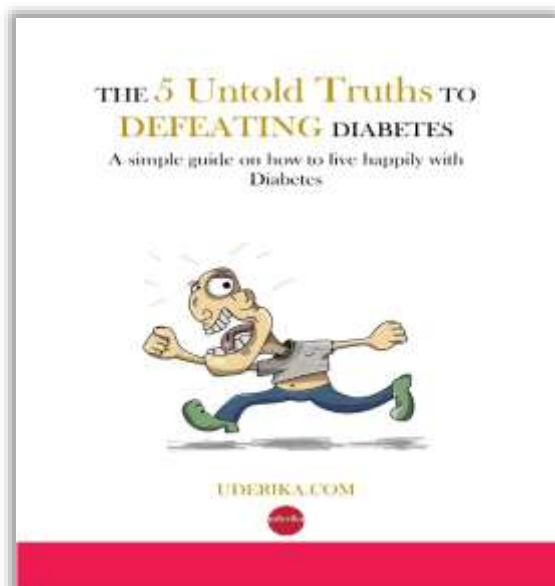
We have a 100% **money back guarantee policy** (we will refund you in FULL, if you are not satisfied with the course – No questions asked)



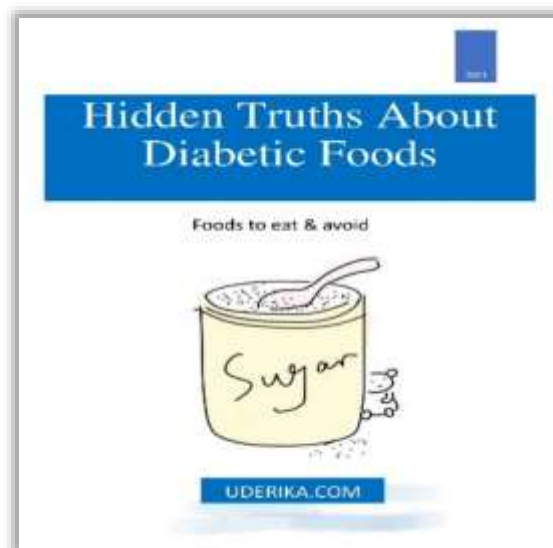
By purchasing our course, you help us in our mission to provide free education for a Nigerian child. Thanks

👉 Click [here](https://www.uderika.com) to access the course or visit www.uderika.com

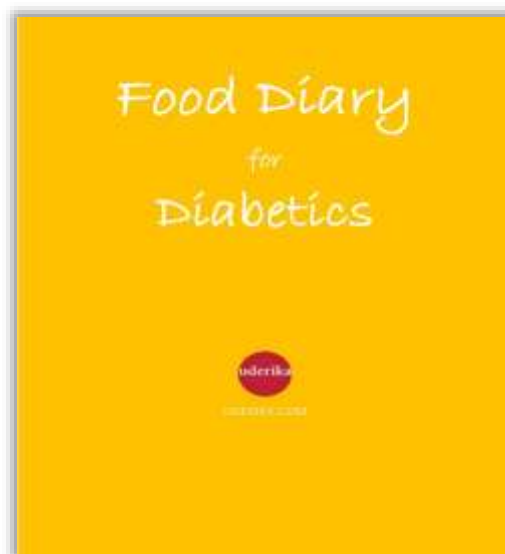
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