

Introduction to Public Health

Module # 14

Diabetes Mellitus and it's management.

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OBJECTIVES OF THE LECTURE

By the end of this lecture you will be able to:

- *Conceptualize*
 - *Diabetes*
 - *Types of Diabetes*
 - *Causes of Diabetes*
- *Identify the levels of prevention and control of Diabetes.*

Diabetes

A decorative graphic consisting of a horizontal bar with a color gradient from dark blue on the left to bright yellow on the right. To the right of the bar is a large, stylized comet or arrow shape pointing to the right, with a yellow tip and a brown, textured body.

- A disease in which blood glucose levels are above normal
- Causes serious health complications
 - Heart disease
 - Blindness
 - Kidney failure

Types of diabetes

- **Type 1 diabetes** (Insulin-dependent diabetes mellitus (IDDM))
 - Body does not make enough insulin
 - Can develop at any age
 - No known way to prevent it
- **Type 2 diabetes** (Non-insulin-dependent diabetes mellitus (NIDDM))
 - Body cannot use insulin properly
 - Can develop at any age
 - Most cases can be prevented

Symptoms



- Might have some or none of these
 - Frequent urination
 - Excessive thirst
 - Unexplained weight loss
 - Extreme hunger
 - Sudden vision changes
 - Tingling or numbness in hands or feet
 - Feeling very tired much of the time
 - Very dry skin
 - Sores that are slow to heal
 - More infections than usual

Complications of Diabetes



- 1. Brain : Neuropathy
- 2. Eye: Retinopathy
- 3. Heart: Cardiopathy
- 4. Kidney: Nephropathy
- 5. Testes: Impotence
- 6. Ovaries: Infertility etc.

Prevention



- Type 2 diabetes
 - Achieve and maintain healthy body weight;
 - Be physically active – at least 30 minutes of regular activity on most days
 - Eat a healthy diet, avoiding sugar and saturated fats intake;
 - Avoid tobacco use – smoking increases the risk of diabetes and cardiovascular diseases

- Risk factors for Type 2 diabetes
 - Being overweight or obese
 - Having a parent, brother, or sister with diabetes
 - Having a prior history of gestational diabetes or birth of at least one baby weighing more than 4 kg
 - Having high blood pressure (140/90 or higher)
 - Having abnormal cholesterol with "good" cholesterol is 35 or lower
 - Being physically inactive—exercising fewer than three times a week

Treatment

- Type 1 diabetes
 - Healthy eating, physical activity, and insulin injections
 - The amount of insulin taken must be balanced with food intake and daily activities
 - Blood glucose levels must be closely monitored through frequent blood glucose testing
- Type 2 diabetes
 - Healthy eating, physical activity, and blood glucose testing
 - Sometimes require oral medication, insulin, or both to control their blood glucose levels
- Day-to-day care, and keep blood glucose levels from going too low or too high



- THANK YOU