



Diabetes Management

Understanding Blood Glucose & Blood Pressure

Importance of correct medication

Improve your daily diet

Exercise for better health

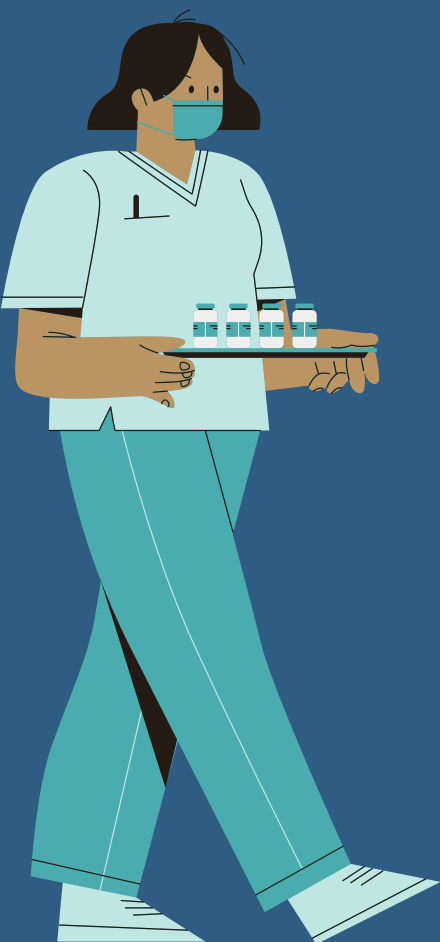
Contact Us

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DIABETES MANAGEMENT



1

It's really important for you and your family to know about diabetes. This helps you prevent and deal with it for a better, healthier life.

2

Our team is here to teach you about the factors that increase the risk of diabetes. We want to assist you in making healthier choices to avoid type 2 diabetes.

3

We want to make sure you know the signs and symptoms of diabetes. This way, you can get help from a doctor when you need it.

4

We're ready to share what we've learned about diabetes in Cambodia with authorities, to make our community healthier



Diabetes

Risk Factor and Symptoms of Diabetes

Diabetes is a chronic disorder that raises blood sugar levels because the body does not produce enough or does not use insulin efficiently.

Symptoms

- Excessive urinating
- Excessive thirst
- Fatigue
- Slow- healing sores
- Dry skin
- Unexplained weight loss
- Leg/foot pain
- Extreme hunger



TYPE 1

The body does not produce enough insulin.



TYPE 2

The body can produce enough insulin, but does not use it well. It's the most common type in Cambodia.



GESTATIONAL

It starts during pregnancy and may or may not continue afterwards.

In recent study in Siem Reap area of Cambodia, found 11% of patients in study tested positive for type 2 diabetes*



Note: Please talk to your doctor about your personal risk factor.

* Reference:
<https://pubmed.ncbi.nlm.gov>

Evaluation of Diabetes care
Performance in Cambodia.

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DIAGNOSIS OF DIABETES



DIAGNOSIS

1. Fasting glucose $\geq 126\text{mg/dl}$:

- If the patient hasn't eaten for more than 8 hours the blood glucose is expected to be lower.

2. Hemoglobin A1c $>6.3\%$

- This test measures the average blood glucose level over the past two to three months.

3. Oral Glucose Tolerance Test $\geq 200\text{mg/dl}$:

- This test measures blood sugar levels before and two hours after consuming a special sweet drink.

Note: By testing at different times throughout the day, the patients can assess how their blood sugar levels respond to medications, diet, exercise, or other factors.

4. Random glucose $\geq 200\text{mg/dl}$:

- Can help identify uncontrolled blood sugar levels in individuals with diabetes.

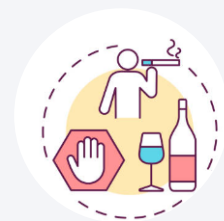
The following contribute to diabetes risk:



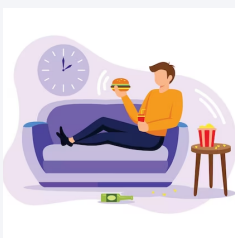
Age



Family history



**Alcohol consumption
and tobacco use**



Inactive lifestyle



**Certain chronic
condition**



Stress



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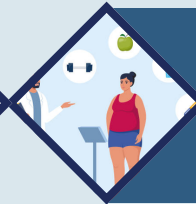
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Treatment of Diabetes

Education

Is a key part of diabetes care.



Self-care

Is important for diabetes & maintaining a healthy lifestyle.

Monitoring

Regular monitoring of blood sugar level. It's always important to take your doctors advice.

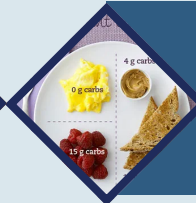


Support

Support from family & doctor for emotional and physical challenge.

Medication

The doctor prescribes essential daily medications like Metformin and Insulin.



Carbohydrate counting

Involves estimating the amount of carbohydrates in meals and adjusting insulin.

Diet and Exercise

A healthy diet & regular exercise are essential for diabetes.



Preventive Care

Regular Check-ups, Eye Test, Foot Care, Blood Pressure and Cholesterol Management.



Management of Diabetes



Follow a Balanced Diet

Obesity is a significant risk factor for diabetes and other diseases.



Maintain a Healthy Weight

Eating a healthy, balanced diet is crucial for diabetes management.



Limit Alcohol Consumption and avoid tobacco use

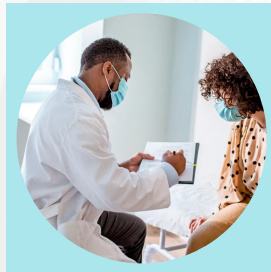
Smoking and drinking alcohol increases diabetes risk and other health issues.



Be Mindful of

Carbohydrate Intake

Can significantly impact blood sugar levels.



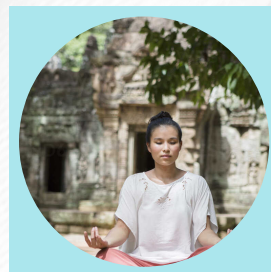
Get Regular Check-ups

Can help identify early signs of diabetes or prediabetes.



Engage in Regular Physical Activity

Is vital for maintaining a healthy weight and management of diabetes.



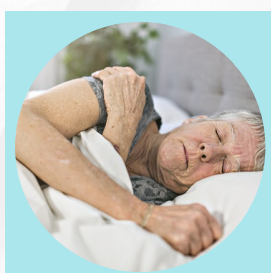
Manage Stress

Requires finding healthy methods such as relaxation techniques, regular physical activity, and adequate sleep.



Limit Sedentary Behavior

Maintaining a healthy lifestyle involves regular movement and standing breaks.



Prioritize Sleep

Aim for 7 to 9 hours of quality sleep each night to support overall health and reduce the risk of diabetes.



Daily Diet

A healthy and balanced diet is essential for managing diabetes. Here are some general guidelines for a daily diet for individuals with diabetes:



Protein:

Include lean protein sources in your diet, such as fish, poultry, seafood, tofu, eggs, beans and legumes.



Carbohydrates:

Include grilled or steamed meat and seafood, brown rice, stir-fried vegetable, fresh salad, soups, grilled skewers, fresh fruit.



Fiber:

Include high-fiber foods in your vegetables, fresh herb and spices, fruit, whole grains, legumes, nuts and seed.



Healthy Fats:

Choose sources of healthy fats, such as fish, nuts and seeds, coconuts milk, avocado, cooking oil, eggs.



Exercise



Regular exercise is highly beneficial for individuals with diabetes. It helps improve insulin sensitivity, manage blood sugar levels, reduce cardiovascular risk, and enhance overall well-being.



• Exercise has several benefits such as:



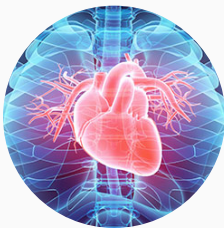
Improved
Mental Health



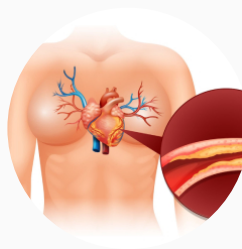
Better Sleep



Long-term
Diabetes
Management



Reduces risk of heart
disease



Increased HDL (good)
cholesterol levels



Blood Sugar
Control



Weight
Management



Cardiovascular
Health



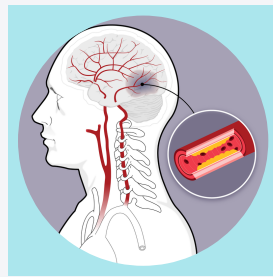
Weight Loss, Stress
Reduction



Increased
Energy Levels

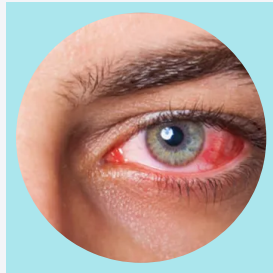
COMPLICATION OF DIABETES

When diabetes is not properly managed, it can lead to a range of serious health complications.



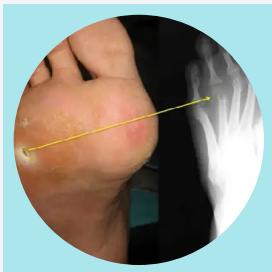
Stroke

Diabetes increases atherosclerosis and high blood pressure, leading to plaque buildup in arteries, narrowing arteries, and potentially obstructing blood flow to the brain, potentially causing stroke.



Eye disease

High blood glucose levels can cause damage to retina blood vessels, responsible for detecting light and transmitting signals to the brain.



Diabetic bone disease

Poor blood sugar control, hormonal imbalances, and chronic inflammation can lead to bone loss.



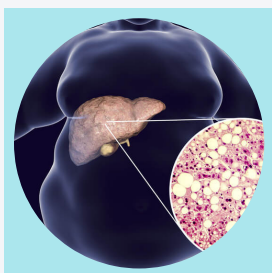
Kidney diseases

Diabetes can lead to damage to kidney blood vessels and nephrons, causing impaired function and ultimately causing kidney damage over time.



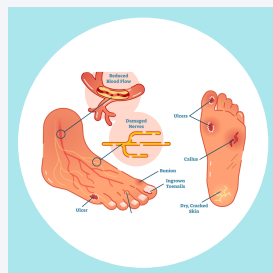
Nerve damage

High blood glucose levels can damage nerve-supplying small blood vessels, reducing blood flow and oxygen supply, leading to long-term damage.



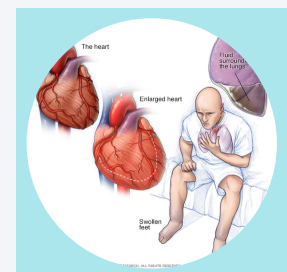
Fatty liver disease

Diabetes can promote the production of fat in the liver and increase inflammation.



Diabetic foot

Diabetes can damage the nerves in the feet, leading to a loss of sensation.



Heart damage

Plaque buildup in coronary arteries can rupture, forming a blood clot that blocks heart muscle blood flow, leading to a heart attack.



Try to relieve stress.



Pay attention to your cholesterol levels.



Make sure to attend preventive & check-up medical examinations.



Aim to have long term and adequate control of blood sugar levels.

Life with Diabetes



Avoid or limit tobacco and alcohol consumption.



Try to maintain a healthy weight.



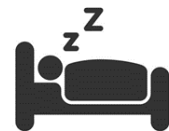
Get enough exercise and make physical activity part of your daily routine.



Make sure your diet is varied, balanced.

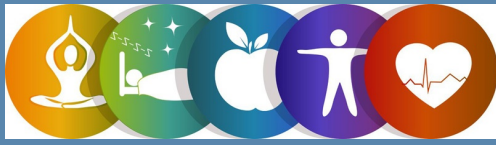


Avoid high blood pressure.



Make sure to get enough and regular sleep pattern.

Quality of life with Diabetes

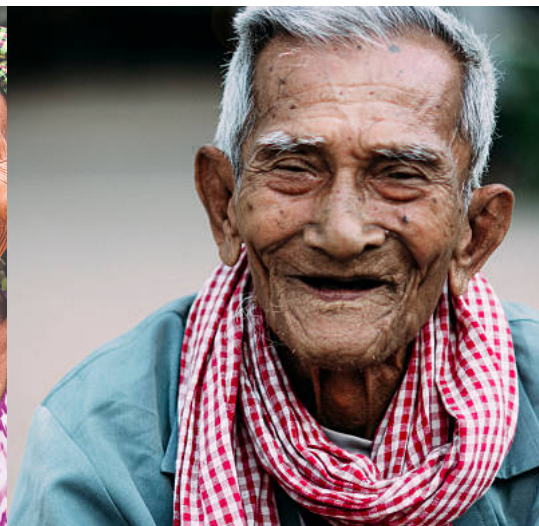


MAIN OBJECTIVE

- Understanding Blood Glucose & Blood Pressure.
- Importance of correct medication.
- Improve your daily diet.
- Exercise for better health.



Together we can
Manage Diabetes





More Information Contact:



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Thank You!

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