

# Health Bubble

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<http://www.idf.org/wdd-index/>

In response to the growing number of people being diagnosed with diabetes each year, the International Diabetes Federation (IDF) and the World Health Organization dedicated 14th November to Diabetes awareness.

## Testing blood sugar levels



## LIFE STYLE MANAGEMENT

A healthy diet and regular exercise are very important factors in the management of diabetes.

Most people in the world who suffer from diabetes suffer from type 2 Diabetes that can be controlled by changing to a healthier diet and increasing exercise.

Prevention is the best kind of treatment, act now, eat healthier and exercise more, your body will thank you for it.

## What is Diabetes?

Diabetes is a disease in which the body is not able to process glucose correctly. The most common symptoms of this disease are extreme thirst, unexplained weight loss despite an increase in appetite, frequent urination and episodes of weakness.

Diabetes is usually diagnosed by having test done to see how your body processes glucose.

## The main symptoms of diabetes are:

- Increased thirst
- Going to the toilet all the time - especially at night
- Extreme tiredness
- Weight loss
- Genital itching or regular episodes of thrush
- Blurred vision

## TREATMENT

The ultimate goal of treatment in diabetics is to control the amount of sugar in the blood stream. This can be done through diet and exercise and if that is not sufficient oral medication is given to assist in controlling the amount of sugar in the blood system.



[www.champzambia.org](http://www.champzambia.org)

