



DIABETES

Your Guide to Living Well with Diabetes



Diabetes Mellitus

- Diabetes is a condition in which there is too much sugar (glucose) in the blood.
- Our bodies use sugar for energy, and this process requires a hormone called insulin.

In people with diabetes, insulin may:

- Not be produced in sufficient amounts, or
- Not work properly because the body does not respond to it effectively.



Type 1 Diabetes

01

In most cases, it is *inherited* and occurs mainly in children and young adults when the body produces little or no insulin

Type 2 Diabetes

02

The most common type of diabetes, primarily affecting *adults*. It develops when the body becomes resistant or does not produce sufficient insulin

03

Unavoidable Risks



Family History



Ethnic group



History of Gestational Diabetes



Old Age



Obesity



Unhealthy Diet



Smoking



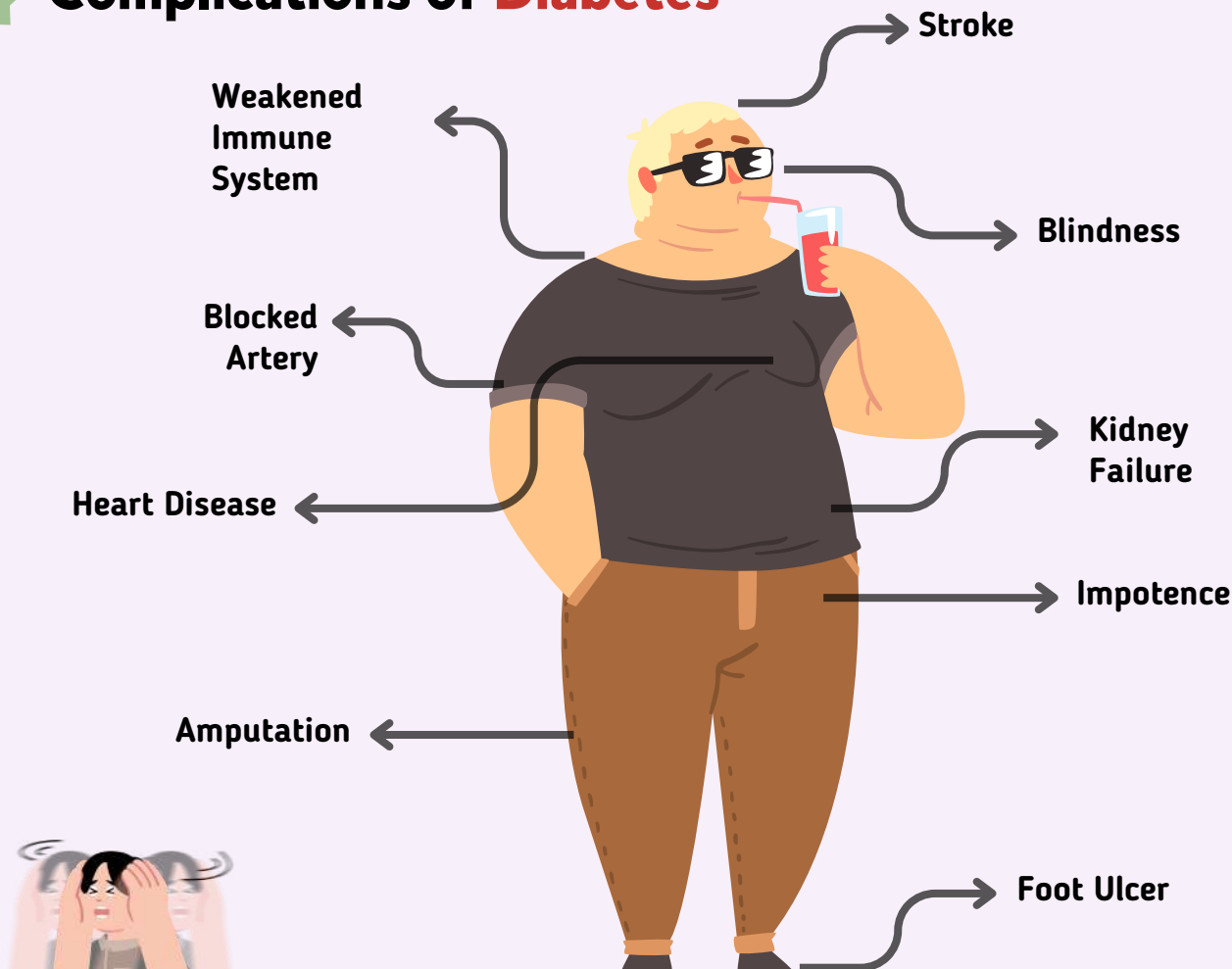
Lack of Physical Activity

Avoidable Risks

04

05

Complications of Diabetes





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Being diagnosed with diabetes can be scary for many people. However, here are some tips to help you manage your condition or support a loved one with diabetes.

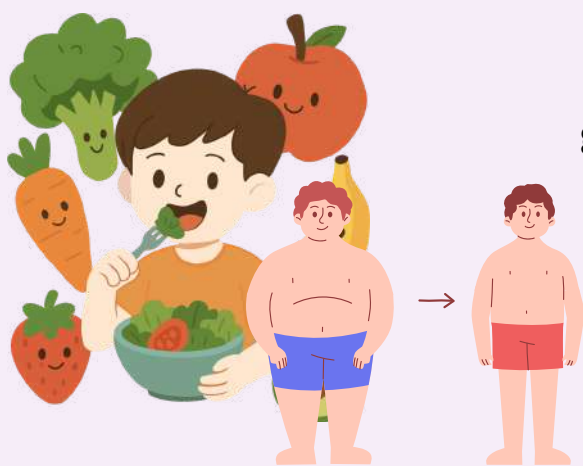
01 Exercise

Aim for at least **150** minutes of physical activity **per week**, or **30 minutes** a day for **5 days a week**.



02 Maintain a Healthy Diet

Increase your intake of **fruits, vegetables, whole grains, and oats**, which are rich in fiber, vitamins, and minerals to support overall health



03 Maintain Your BMI

Aim to keep your BMI within the healthy range of **18.5–23.2 kg/m²** to help reduce health risks and support better diabetes management

04 Monitor!

Regularly **monitor & control** your **blood pressure, blood sugar, and cholesterol levels** to help reduce the risk of diabetes-related complications

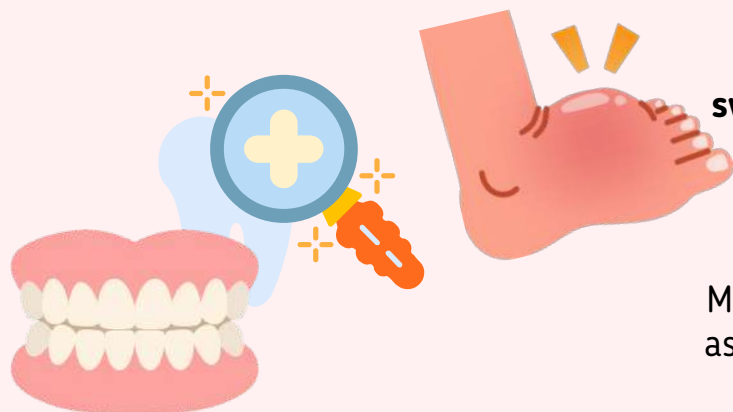
05 Medication

Taking your medications **as prescribed** by your doctor is essential for effective diabetes management



06 Foot Health

Be on the lookout for any **unnatural swelling or redness** as these may be signs of an infection



07 Mouth Health

Make sure to take note of your oral hygiene, as people with diabetes tend to have **higher risks** of oral health problems

08 Limit Vices

It is important to **reduce** your alcohol & caffeine intake as much as you can. Most importantly, **Do Not Smoke!**

09 Stress Management

Practice strategies to **reduce and manage daily stress**, which can help maintain stable blood sugar and improve your health



Take Note!

Diabetes in Singapore

- Diabetes is becoming increasingly common in Singapore
- It is estimated that 1 million Singaporeans will have diabetes by 2050

Prevention and Early Detection

- Staying active and maintaining a healthy lifestyle and balanced diet can greatly reduce your risks of diabetes
- Attending regular health screenings for early detection and timely management is important for prevention