

# DIABETES

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Ghana June 2011



# DIABETES: AN OVERVIEW

- ◉ What is diabetes?
- ◉ How will I know I have diabetes?
- ◉ How do I get diabetes?
- ◉ Why should I care?
- ◉ What kind of treatment should I expect?
- ◉ What do I have to do?

# WHAT IS DIABETES?

- ◉ Diabetes mellitus
  - Literally means ‘sweet urine’
- ◉ Problem of too much sugar (glucose) in blood
- ◉ Is a life-long problem
- ◉ Two main types:
  - Type 1 - Usually from adolescence/young adulthood
  - Type 2 - Lifestyle and genetic factors
- ◉ Type 2 diabetes is a growing problem in Ghana

# DIABETES

## A GROWING MENACE

**THE DIRECTORATE OF MEDICINE - KATH**  
PRESENTS A CPD ON  
**Diabetes Mellitus And Hypertension**

**DIABETES MELLITUS AND HYPERTENSION  
IN GHANA: A GROWING MENACE**

**TOPICS TO BE TREATED  
INCLUDE:**

- OVERVIEW OF DIABETES AND HYPERTENSION
- CURRENT GUIDELINES IN DIABETES AND HYPERTENSION
- INSULINISATION
- PAEDIATRIC DIABETES
- DIABETES IN PREGNANCY
- THE EYE IN DIABETES & HYPERTENSION
- THE KIDNEY IN HYPERTENSION & DIABETES
- HYPERTENSIVE EMERGENCIES
- DIABETIC EMERGENCIES
- HYPERTENSION HEART DISEASE
- DIABETIC FOOT DISEASE
- AMONG OTHERS

**SPEAKERS  
INCLUDE:**

- DR KOFI AGYENIM-BOATENG
- DR BEN EGHAN
- DR. FRANCIS OFEI  
(ENDOCRINOLOGIST, KBTH)
- DR. LEBOGANG MASUNAYANE  
(ENDOCRINOLOGIST, SOUTH AFRICA)
- PROF. J PLANGE RHULE
- DR ISAAC OWUSU
- DR BERNARD NKUM
- DR ADUSU DONKOR
- DR E. AMEYAW
- DR AMOS AIKINS
- DR SARFO-KANTANKA
- DR YAW ADU-BOAKYE
- DR E. OPAREBEA ANSAH

**DATE: 11TH TO 12TH MAY, 2011**  
**VENUE: TRUE VINE HOTEL, KSI**

**FEE  
(FOR 2DAYS)  
GH¢ 75.00**

**NB: FOR LOGISTIC REASONS PLEASE REGISTER BY 6TH MAY  
CERTIFICATES WILL BE GIVEN AT THE END OF THE PROGRAM**

**TO REGISTER CONTACT:**  
**DR E. OPAREBEA ANSAH. ( 020 817 9745) | DR AGYENIM-BOATENG (024**

# DIABETES: HOW WILL I KNOW IF I HAVE IT?

- Many people with diabetes will go for many years without having any problems
- It is often found incidentally on a blood test in hospital
- Common symptoms include:
  - Frequent urination and excessive thirst
  - Tiredness/lethargy
  - Blurred vision
  - Numbness in fingers and/or toes

# WHO IS MOST AT RISK OF TYPE 2 DIABETES?

- People with family history
- People who are overweight or obese
- Women who develop diabetes during pregnancy (gestational diabetes)
- It becomes common for those over 40
- People from Africa , Caribbean, Mediterranean or Asia

# DIABETES HOW DO I GET IT?

- ⦿ Combination of genetic and lifestyle factors
- ⦿ Higher risk if someone in your family had it
- ⦿ Lifestyle factors which increase risk:
  - Obesity
  - Obesity
  - Obesity
    - High fat, high sugar diet; lack of exercise
- ⦿ **A healthy lifestyle is the key to avoiding it**



# DIABETES: WHY SHOULD I CARE?

## ◉ Can lead to many long-term problems:

- Blindness
- Permanent loss of sensation → Recurrent foot injury → Ulceration → Gangrene → **Amputation**
- Heart attack
- Stroke
- Recurrent infection
- Kidney failure
- Sexual problems - impotence
- Incontinence



# DIABETES WHAT KIND OF TREATMENT IS THERE?

- ◉ Depending on the disease severity, as advised by doctor
- ◉ Important to seek help early
- ◉ Treatment will be combination of lifestyle changes and medication
- ◉ Medication will be mainly in tablet form
- ◉ In severe cases, insulin may be required

# DIABETES

## WHAT DO I HAVE TO DO?

### ◉ Lifestyle changes:

- Reduce high fat, high sugar foods
  - e.g. Palm oil, fizzy drinks, fatty meats (pork)
- Switch to healthier alternatives
  - e.g. Olive oil, fruits and vegetables, fish
- Avoid excessive calorie intake
- Regular exercise - at least 30 minutes of brisk walking every day

### ◉ Everything in moderation

# DIABETES AND ITS MANAGEMENT

Type 1 and 2

# MANAGEMENT/TREATMENTS OF DIABETES

- ◉ Diet
- ◉ Physical activities
- ◉ Regular check-up
- ◉ Tablets: Metformin, Acarbose, rosiglitazone, nateglinide, gliclazide etc.
- ◉ Insulin

# TAKING INSULIN/INJECTION

- ◉ Fear of injection
- ◉ Type of insulin
- ◉ Mode: which pen is best
- ◉ How do I use the insulin pen?
- ◉ How do I dispose of the needle
- ◉ Does anyone else need to know how I inject my insulin
- ◉ How to store you insulin
- ◉ Insulin dose may be adjusted depending blood sugar level
- ◉ Where to inject

# HOW CAN YOU HELP YOUR SELF

- ⦿ Remember if you reduce your weight by ten per cent (10%)
- ⦿ You will improve your mobility
- ⦿ You will reduce joint damage
- ⦿ You feel good, less stressed, feel better yourself
- ⦿ You will reduce heart attach

# HOW TO RECOGNISE SYMPTOMS

- Hypoglycaemia
- hyperglycaemia



# YOUR DIET

- ◉ Eat regular meals
- ◉ Cut down on fats, especially saturated fat  
eg: palm oil
- ◉ Eat food that are high in fibre eg; beans,  
peas, whole meal bread and rice,  
semi/skimmed milk
- ◉ At least five portion a fruits and vegetables
- ◉ Take care with fruit juice
- ◉ Choose sugar free drinks
- ◉ Reduce salt

# REGULAR CHECK-UP AND ANNUALLY CHECK-UP

- Eyes
- Feet/Foot care eg washing especially between toes; palms/hands
- Do not cut your toenails short
- Kidney test- nephropathy, cholesterol
- Bp
- Bowels
- HbA1c; haemoglobin molecule which contains iron and carries oxygen around the body to the cells. (This gives estimated excess glucose in the blood stream for the past three months).
- Thrush for women
- stop smoking with professional help

# SOCIAL LIFE

- ◉ Some aspect your life will change;
- ◉ You just need to plan and make contingencies for emergencies;
- ◉ You will need to be well organised and prepared;
- ◉ Whenever you go out, as an added precaution in case get delayed, always carry one of the following: glucogel (hypostop), or glucose tablets or biscuits.
- ◉ Your friends and family should be aware of your diabetes.

# FEELING UNWELL

- ◉ Never stop your tablets or insulin even if you are sick and cannot eat;
- ◉ If you do not feel like eating solid food, try alternatives, for example milk, soup, ice cream or fruit juice;
- ◉ Test your blood sugar levels more frequently if you are ill as blood sugar level can be affected by illness;
- ◉ drink plenty of water. Aim to drink 5-7 pints (3-4 litres);
- ◉ Test urine for ketones if advised by health professional.

# CONSULT YOUR DOCTOR IF:

- ⦿ You are vomiting for long period of time and are unable to take your medication;
- ⦿ You do not improve quickly;
- ⦿ Your blood sugar levels remain high. i.e. before you eat over 10mmols over the a period of 6/7 days or over 20mmols for 2 days;
- ⦿ Your blood sugar is low. i.e. under 4mmols;
- ⦿ You or carers are worried;
- ⦿ Remember any emotional stress can affect your blood sugar level.

# PROFESSIONAL ROLE

- ◉ Educate : insulin injection, tablets; Alcohol, smoking
- ◉ Decision making
- ◉ Informed decision/consent
- ◉ Monitor and administer insulin to patient who can not self care
- ◉ Blood glucose monitoring before and two hours before meals.

# TRAVELLING AND DRIVING

- ◉ Should inform your DLVA if you drive
- ◉ There is no restriction on travelling you can anywhere you want in the world but needs preparation
- ◉ social life
- ◉ Blood sugar level 4-10mmol



# CONCLUSION

- ◉ Diabetes can not be cured but can be managed
- ◉ well managed diabetes may help you live normally as anybody else
- ◉ Poorly managed diabetes can have a lot of complication
- ◉ Diet, physical activities, medications such as tablets and insulin are for treating/managing diabetes

# QUESTIONS?



# REFERENCE ON REQUEST