

Diabetes Health Education Guidelines

Diabetes mellitus is a group of metabolic diseases characterized by high blood sugar (glucose) levels that result from defects in insulin secretion, or its action, or both.



Normal fasting blood sugar is 70-100 mg/dl, 2hrs after meal, the sugar level is <140 mg/dl

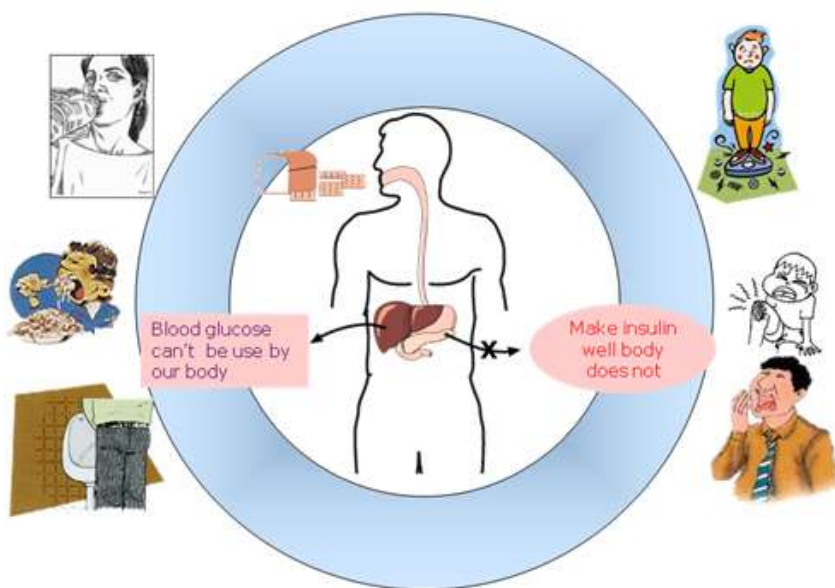
Who are at risk of getting diabetes?

1. Genetic predisposition
2. Obesity, under stress, pregnancy, certain medications, nutritional imbalance.

What are the symptoms?

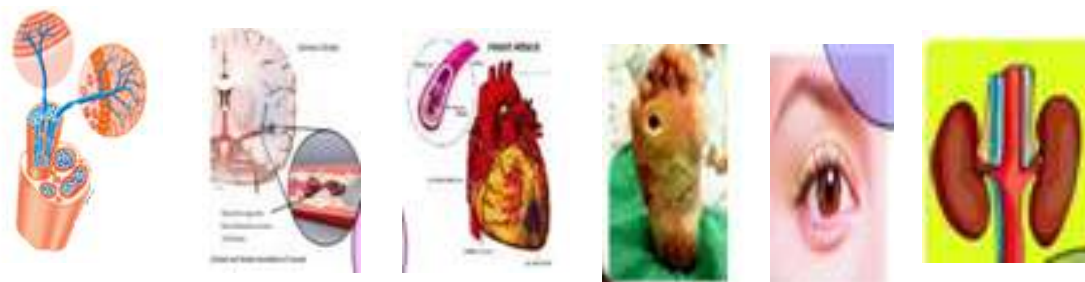
In the early stage, the patients are asymptomatic. As times go on, the following symptoms may develop.

1. Urinating often.
2. Feeling very thirsty.
3. Feeling very hungry - even though you are eating
4. Extreme fatigue.
5. Blurry vision.
6. Cuts/bruises that are slow to heal.
6. Weight loss.



What are the complications?

1. Large blood vessel diseases: Hypertension, acute myocardial infarction, stroke, and ulcer of the lower extremity.
2. Small blood vessel diseases: Involving the nervous system, kidney and eyes.



How to control diabetes?

Watch your diet, regular exercise, and medication if necessary. Maintain ideal body weight. Comply with physician, nurse and dietitian.



Therapeutic goal:

Items	Target value
Fasting sugar	< 130mg/dl
Non-fasting sugar	< 180 mg/dl
HbA1C	7%以下

Picture from novo nordisk Taiwan