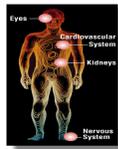


Hyperglycaemia	Hypoglycaemia
Increased thirst and urination	Sweaty, cold clammy skin
Weakness	Double or blurred vision
Nausea and vomiting	Shallow breathing
Aches and pains	Headache
Increased blood glucose levels	Weak or dizzy
	Falling blood glucose levels
<b>What to do</b>	
Contact your doctor and follow his/her advice	Take a ready source of glucose, e.g. Glucon-D
Regularly monitor your blood glucose levels	Eat fruit or sandwiches
Continue with usual insulin/medicine	Confirm blood glucose levels and check after 10 mins for improvement
Continue with diet plan	Call your doctor if there is no improvement after 15 mins

**Diabetes is a disease, which cannot be cured but can be controlled. It is important to recognize the signs and symptoms to get early medical help.**



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This information is intended for educational purpose only. It is not designed in whole or part, as advise for self-treatment. Neither this leaflet nor any statement should be misconstrued as endorsement of self-treatment.

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## Know about Diabetes



*'Mr. Karandikar had confirmed diabetes after a blood test revealed remarkably high blood sugar levels. However, he ignored his condition until he realized that his vision was getting blurred. He suffered such a loss due to his ignorance!'*

### What is Diabetes?

Diabetes is a condition where you can't convert the glucose you get from food into a form you can use. Normally your body produces a hormone called insulin, which allows glucose (sugar) to be taken out of the bloodstream and into the cells where it is used as a source of energy.

People with diabetes either produce little or no insulin (insulin dependent diabetes mellitus or IDDM) or for some reason it doesn't work properly (non-insulin dependent diabetes mellitus or NIDDM). All diabetics aim to keep their blood glucose within normal and safe levels.

### Symptoms of diabetes

- \* Frequent urination
- \* Tiredness/loss of energy
- \* Increased thirst
- \* Blurred vision
- \* Increased hunger
- \* Numbness in feet
- \* Rapid weight loss
- \* Sores that take long time to heal and skin infections.

### Risk factors

- \* Over 40 years old
- \* Lack of regular exercise and lazy lifestyle
- \* History of diabetes in the family
- \* High cholesterol levels
- \* Overweight
- \* High blood pressure

### Complications

If poorly controlled, diabetes can cause damage to blood vessels and nerves and lead to

Problems with:

- \* Eyesight
- \* Feet
- \* Liver and kidney
- \* Ability to fight disease
- \* Heart and blood flow



### Controlling your diabetes

Keeping your blood glucose within safe levels may involve some changes to your lifestyle. This means maintaining a balance between diet, exercise and medicines through regular blood glucose monitoring.

- \* **Diet:** can be a major part of controlling diabetes. It is particularly important for people with non-insulin dependent diabetes (NIDDM). Talk to your pharmacist to know the diet plan for diabetics.



You may need medicine (i.e. insulin or tablets) to help control your diabetes. If so, it is important that you follow your doctor's instructions carefully.

- \* **Exercise:** such as brisk walking, running, tennis, bicycling, dancing and swimming, a minimum of three times a week, is an

important part of a diabetes management program. It keeps you fit, helps you maintain your ideal body weight, lowers your blood glucose levels and can improve the way your body uses insulin. Always talk to your doctor before starting or changing your exercise program.



### Self care tips

- \* **Self blood glucose monitoring:** allows you to discover how different foods, exercise, medicine, stress and illness affect your blood levels. Your doctor or pharmacist will be able to advise you on how often you will need to test your blood glucose levels.
- \* **Avoid wounds, infections:** It is important to take maximum care to avoid wounds, infections as they take longer to heal than the normal individuals.
- \* **Complete medical check up** (including eye, foot examination) should be carried out once in a year.
- \* **Avoid smoking.**
- \* **Eat at regular intervals** to avoid low blood sugar levels (hypoglycaemia)



### Hyperglycaemia v/s hypoglycaemia

'Hyperglycaemia' (high blood glucose) or 'hypoglycaemia' (low blood glucose) are serious and potentially life threatening conditions. Learn the warning symptoms and know what to do to return your blood glucose levels to normal.