TREATING DIABETES

If Diabetes is not managed properly, it can lead to serious health complications, amputations and even death.

HEALTHY LIVING

"Healthy living" means both physical and mental health are in balance or functioning well together in a person.

EMMANUEL OSEMOTA FOUNDATION
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SELF CARE AT HOME

AVOID:

- Smoking
- Stress
- Hot Water
- Do not remove corns or calluses
- Heating Pads on your feet
- Do not wear flip-flops or sandals

DO:

- See your Doctor
- Check blood sugars
- Exercise
- Eat healthy balanced meals
- Lose extra weight
- Check your feet daily
- Wear shoes and socks
- Moisturize your feet
- Any new calluses or corns see your Doctor immediately
- Drink plenty of water and get enough sleep

For More Information

Nigeria Centre for Disease Control
www.ncdc.gov.ng

Centers for Disease Control and Prevention
www.cdc.gov

WHAT YOU NEED TO KNOW...

HIGH BLOOD PRESSURE
DIABETES & HEALTHY LIVING

WHAT IS HIGH BLOOD PRESSURE (HYPERTENSION)?

Hypertension is where your blood vessels are under too much strain on your heart.

What are the symptoms?
There are no symptoms usually, that's why it is called the silent killer.

If left untreated you can develop:

- Angina
- Heart attack
- Stroke
- You can also develop problems with your kidneys, eyes or blood vessels.

Very common in some groups of people, such as:

- People with diabetes
- People with chronic kidney disease
- People from Africa, Caribbean or S. Asia
- People with a family history

HOW OFTEN DO I GET CHECKED?

If you have diabetes, you are aged over 60 or you have had a high BP before, your BP should be checked at least once a year.

If you have a lower risk of , Your BP should be checked at least once every 5 years.

WHAT CAN YOU DO?

WHAT DO THE NUMBERS MEAN?

A BP has two numbers...

120
80

That means the reading is "120 over 80" 120 is the force of blood when your heart beats and 80 is the force of blood between the heart beats.

The ideal BP is 120/80

HOW DO I LOWER MY BP?

- ✔ Stop Tobacco use
- ✔ Be more active
- ✔ Lose weight
- ✔ Eat healthy
- ✔ Reduce stress
- ✔ Cut down on alcohol
- ✔ Reduce caffeine intake

Take Your Prescribe Medication

Your doctor and nurse can help you to achieve your lifestyle goals.

What is Diabetes?

Diabetes is a disease that occurs when your blood glucose, aka blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat.

Causes

The pancreas can't produce insulin. Cells are resistant to the action of insulin /or not enough insulin produced to overcome this resistance.