



GFS CLINIC NEWSLETTER

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World Diabetes Day 14 November 2023

Diabetes is a chronic condition that occurs when the pancreas can no longer make insulin, or the body cannot effectively use insulin.

Insulin is a hormone made by the pancreas that acts like a key to let glucose from the food we eat pass from the bloodstream into the cells in the body to produce energy. The body breaks down all carbohydrate foods into glucose in the blood, and insulin helps glucose move into the cells.

When the body cannot produce or use insulin effectively, this leads to high blood glucose levels, called hyperglycaemia. Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Signs and Symptoms:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

3 main types of diabetes:

1. Type 1
Can develop at any age and requires insulin treatment for survival.
2. Type 2
Accounts for around 90% of all diabetes and is more commonly diagnosed in adults.
3. Gestational
Occurs with high blood glucose during pregnancy and can cause complications for both mother and child.

International Diabetes Federation recommendations for a healthier diet:

- Choose water, coffee or tea instead of fruit juice, soda, or other sugar-sweetened beverages
- Eat at least three servings of vegetables every day, including green leafy vegetables
- Eat up to three servings of fresh fruit every day
- Choose nuts, a piece of fresh fruit, or unsweetened yoghurt for a snack
- Limit alcohol intake to a maximum of two standard drinks per day
- Choose lean cuts of white meat, poultry or seafood instead of red or processed meat
- Choose peanut butter instead of chocolate spread or jam.
- Choose whole-grain bread, rice, or pasta instead of white bread, rice, or pasta.
- Choose unsaturated fats (olive oil, canola oil, corn oil, or sunflower oil) instead of saturated fats (butter, ghee, animal fat, coconut oil or palm oil).

If you are suffering from any signs and symptoms mentioned above, please consult your own healthcare practitioner.

