

What is Diabetes?

Diabetes is a disease characterized by elevated levels of blood glucose which your body is not able to take up into its cells, or by a deficiency or lack of insulin hormone.

Types of diabetes

Type 1 usually develops in children and young people

Type 2 the most common form

Type 3 gestational diabetes

Type 4 develops secondary to another disease

Why is diabetes important?

Diabetes is a major health problem growing like an epidemic around the world. The prevalence of diabetes is high in our country, as well. Before the actual development of the disease, there is a period of latent diabetes (10-15 years) where no symptoms are visible.

Poor glycemic control in diabetes can lead to structural deterioration in small blood vessels, resulting in complications with *kidneys and eyes, cardiovascular diseases, nerve damage, foot ulcers, sexual problems, and cerebrovascular damage.*

What are the symptoms of diabetes?

Drinking too much water, frequent urination, overeating, weight loss, blurred vision, recurrent infections, and fungal infections.



Keeping a healthy weight is the most important target in diabetes. Manage your weight and compare your measurements often.

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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

Maintain a balanced diet and stay active to

**PREVENT
DIABETES**



Which health conditions are caused by diabetes?

Kidney disorders
Cardiovascular disorders
Cerebrovascular disorders
Eye disorders
Sexual problems
Diabetic foot
Nerve injury



Is it possible to prevent diabetes?

Keeping a healthy weight is the most important target in diabetes. Manage your weight and compare your measurements often.

Body Mass Index and waist circumference measurements are used to monitor ideal weight. Body Mass Index is a value obtained by dividing body weight (kg) by height (m) in meters squared ($BMI = \text{kg}/\text{m}^2$). A waist circumference of 102 cm and above for men, while 88 cm and above for women is considered a risk.



Obesity is a risk factor for many health conditions including insulin resistance and Type 2 diabetes, in particular.

An adequate and balanced diet is the FOUNDATION OF HEALTH.

Principles of a Healthy Diet

Maintain a varied, balanced diet with the right amount of food. If possible, add cooked vegetables and salads to every meal.

Consume sugar and salt only in the required amount and avoid excessive intake. It is best for people with diabetes to see a dietitian for nutritional treatment.

How much physical activity is recommended?

- Exercise three or five times a week for 30-45 minutes a day no more than 48 hours apart
- Start at a light intensity and gradually build up to moderate intensity
- Warm up for 5-10 minutes before exercising
- Exercise at an appropriate pace for 20-30 minutes
- Finish with a 10-15-minute cool down

An Active Lifestyle Protects Your Health

- Physical activity/exercise has a positive impact on glycemic control
- Helps manage hypertension
- Contributes to reducing fat levels
- Positively affects the overall body fat distribution and reduces the fat in the abdominal area if done regularly
- Helps keep a healthy weight
- Contributes to improving general well-being and mental health
- Has a positive effect on the quality of life

There are issues to be considered before and during physical activity in diabetics:

- The type, strength, duration, and intensity of exercise must be determined individually.
- Characteristics and risk factors for individuals with diabetes are considered in shaping physical activity/exercise.
- As a precaution, sources carbohydrates (e.g. sweets, fruit juice, etc.) should be kept available during physical activity under all circumstances.
- People with diabetes should assess the effect of physical activity/exercise on their blood sugar by measuring it before, during, or after physical activity/exercise.
- A safe pre-exercise blood sugar should range between 100 and 250 mg/dl.
- 15 grams of carbohydrates should be consumed if blood sugar is below 100 mg/dl.
- Ketones in the urine should be tested if blood sugar is 250 mg/dl and above; if it comes back positive, exercising should be paused until after stabilization.