

Signs of Hypoglycemia

- Palpitation
- Sweating
- Giddiness, Headache
- Seizures
- Altered behaviour, hunger

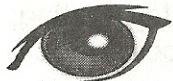
Management of Hypoglycemia

- 2 spoons of glucose to be taken

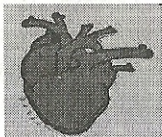
Signs of Hyperglycemia

- Increased thirst
- Increased frequency of urination
- Hunger, weight loss
- Non healing ulcer
- No symptoms

Long term complications & its Early detection



Annual EYE check up



Annual ECG & fasting cholesterol to be done once in a 6 months



Urine Microalbumin, Creatinine to be done Annually.

Foot Care



Soak feet in luke warm water for 15 minutes and scrub, softly with a nylon scrubber. Self foot examination of foot to be done on a daily basis. Micro Cellular Rubber (MCR) foot Wear should be used.

Diabetes mellitus is a major public health problem.

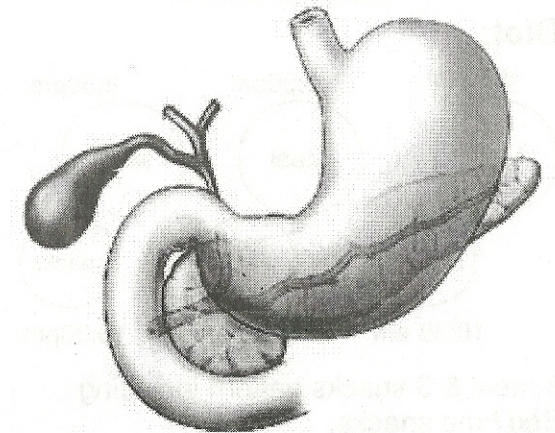
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DIABETES EDUCATION



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Risk Factors

- Age > 30 years
- Obesity, lack of Exercise
- Family History

Pathophysiology

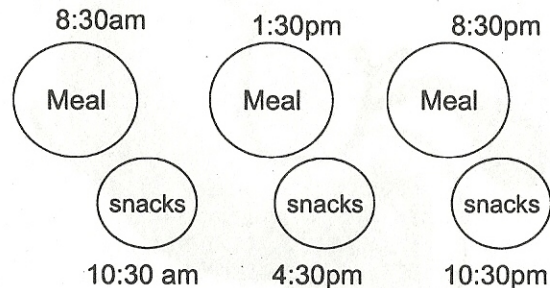
Insulin is produced in Pancreas. Which controls the sugar. It acts as a key and pushes the excess glucose from the blood in to the muscles and tissues. When insulin is not enough or not secreted the glucose in the blood increases.

Target Sugar Level

Fasting -
2hr after -

Management

Diet:



3 meal & 3 snacks pattern including Bed time snacks.
(Timings to be individualized according to patients life style.)

Foods to be taken

Vegetables and Fruits can be taken as per your dieticians advice.

Foods to be avoided

Frank sugar, juices, soft drinks
Dates
Honey
Jam
Jaggery
Oily food items

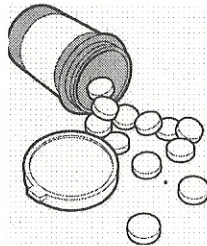
EXERCISE

- 20 to 40 mins brisk Walking
- Jogging
- Cycling
- Swimming

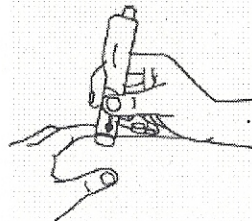


30 minutes prior to an exercise snacks should be taken

Medications

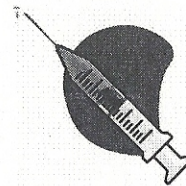


Self adjustment of tablet doses is dangerous



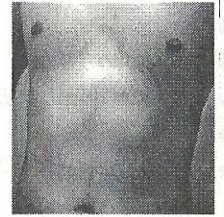
Regularity of Medications Should be maintained

Self adjustment of insulin should be learnt.



Insulin Site

- Three finger away from the umbilicus which can be extended upto the sides of the abdominal wall.



Storage

- Should be refrigerated.
- If refrigerator is not available a mud pot with water inside which medicine can be stored and used.
- During travel a flask with ice cubes can be used for storage of insulin.



Self monitoring of blood glucose

- Patients on diabetic drugs can check weekly once four times a day.(fasting, 2hrs post breakfast, 2hrs post lunch & 2hrs post dinner)
- Patients on insulin can check two days in a week for four times a day.(fasting, 2 hrs post breakfast, 2hrs post lunch & 2hrs post dinner or more frequently)

