

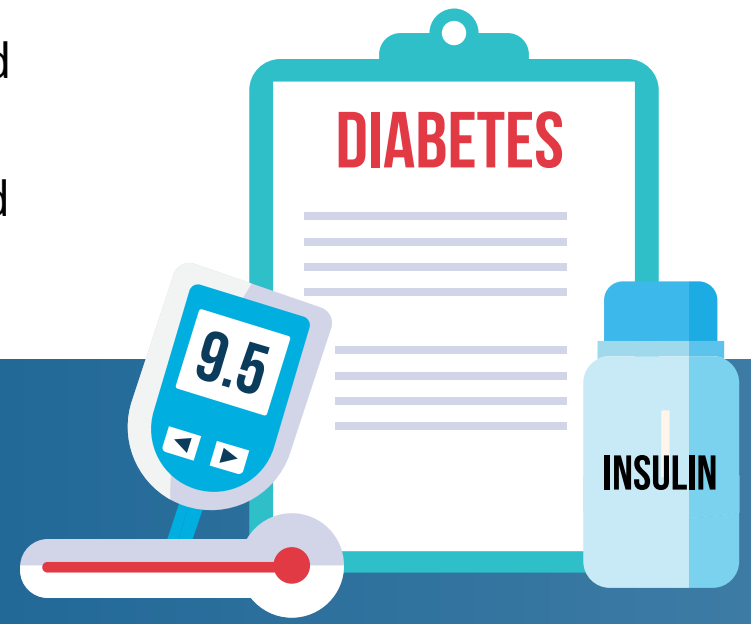
# NOVEMBER IS DIABETES AWARENESS MONTH



Diabetes is a chronic, metabolic disease characterized by high levels of blood glucose or blood sugar, which over time leads to serious damage to the heart, blood vessels, eyes, kidneys and nerves.

**About 422 million people worldwide have diabetes.**

The number of cases and frequency of diabetes have been steadily increasing over the past few decades.



## What is Type I diabetes?

Type 1 diabetes is a chronic (life-long) autoimmune disease. The body's immune system attacks and destroys the insulin producing cells in the pancreas and not enough insulin is produced. Without enough insulin, too much sugar builds up in your blood, causing high sugar. Your cells are now unable to take in the glucose from your food for energy. This can lead to serious health problems or even death if not treated. Type 1 diabetes requires daily management with insulin injections and blood sugar monitoring. Both children and adults can be diagnosed with Type 1 diabetes.

**INSULIN** is a hormone produced by the pancreas. It allows your cells to take in glucose (sugar) for energy.

### SYMPTOMS INCLUDE:



Increased thirst



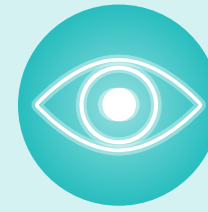
Frequent urination



Hunger



Fatigue

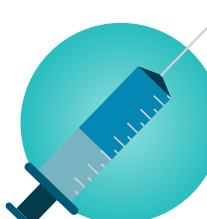


Blurred vision

**Type I diabetes cannot currently be prevented. Treatment aims to maintain normal blood sugar levels through:**



Regular blood sugar monitoring



Insulin therapy



Eating healthy foods



Regular exercise



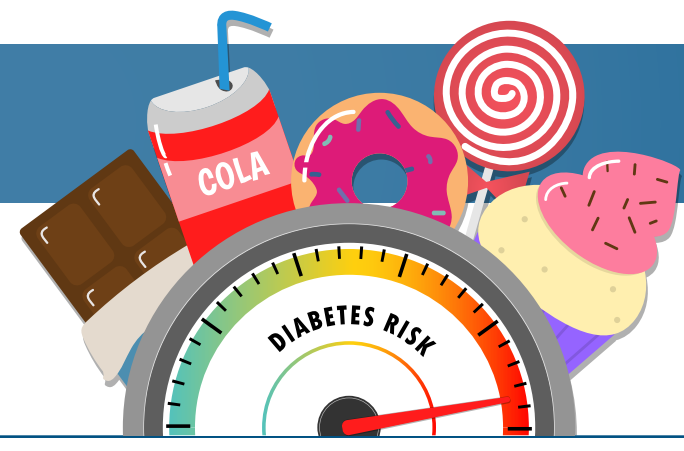
Maintaining a healthy weight

## What is Type II diabetes?

Type 2 diabetes is the most common form of diabetes, occurring when the body becomes resistant to insulin or doesn't produce enough insulin. Over time, Type 2 diabetes can cause serious damage to the body, especially nerves and blood vessels.

Type 2 diabetes is often preventable by following a healthy lifestyle. Factors that contribute to developing Type 2 diabetes include:

- being overweight,
- not getting enough exercise, and
- your genetics.



The starting point for living well with diabetes is an early diagnosis. The longer a person lives with undiagnosed and untreated diabetes, the worse their health outcomes are likely to be.

**Speak to your doctor about how often you should check your:**

- blood glucose
- cholesterol
- blood pressure - lower than 140/90mmHg is ideal



### REDUCE YOUR RISK FOR TYPE II DIABETES BY:



Staying active – exercise for at least 30 minutes five times a week.



Maintaining a healthy weight – your body mass index (BMI) should be <25kg/m2.



Following a healthy diet - avoid processed and sugary foods, salted snacks, sweets, etc.



Not smoking.

To calculate your BMI, divide your weight in kg by your height in metres and then divide it by your height again.

## How can the Benefit Society help you?

- The Society's Disease Risk Management (DRM) program proactively ensures access to appropriate treatment, monitoring, and support, aiming to deliver better health outcomes for beneficiaries diagnosed with Type 1 and Type 2 diabetes. If you are enrolled in the DRM programme, you will incur minimal to no co-payments for specified consultations and procedures included in your treatment plan.
- Medication is paid from your chronic medicine benefit (formularies apply).
- Treatment for both Type 1 and Type 2 diabetes is also covered as Prescribed Minimum Benefits.

**NEED HELP?** Reach out to the Benefit Society if you have any queries.

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