

DIABETES

UNDERSTANDING DIABETES

Diabetes is the condition of having abnormally high levels of sugar (glucose) in the blood. Over time, high glucose levels can cause serious health complications.

Types of Diabetes



Type 1 diabetes is usually diagnosed during childhood or young adulthood, when the body does not produce insulin.

How to manage?

Lifelong insulin injections, a balanced diet and regular exercise.



Type 2 diabetes is the most common form of diabetes which can develop at any age. It is when your body develops insulin resistance or does not produce enough insulin.

How to manage?

Healthy eating, regular physical activity, weight management and medications.



Pre-diabetes is a condition where your blood sugar levels are higher than normal but not high enough to be diagnosed with diabetes.

How to prevent?

Adopt healthier lifestyle changes to delay or prevent the onset of diabetes.



Gestational diabetes (GDM) Some women may develop diabetes during pregnancy due to hormonal changes. Often, blood glucose levels will return to normal after delivery.

How to prevent?

GDM may increase the risk of developing type 2 diabetes later in life. A follow-up blood sugar check is recommended 6 weeks after delivery.

Causes and Risks



Family member(s) with diabetes



History of gestational diabetes



40 years old and above



Overweight or obese individuals with Body Mass Index (BMI) of 23.0 kg/m² or higher



Inactive lifestyle



Unhealthy eating habits

Signs and Symptoms



Increased thirst



Fatigue



Unexplained weight loss



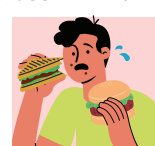
Frequent urination



Blurred vision



Slow healing of cuts and sores



Excessive hunger



Did you know? 1 in 3 people with diabetes remain undiagnosed as often there are no obvious symptoms. Don't wait until it's too late. Get screened for diabetes for early detection.



STEP 1

Take this Quiz to test your knowledge!

for.sg/quiz-diabetes



STEP 2

Visit the Health Library for more tips & resources.

for.sg/ht-health-library