



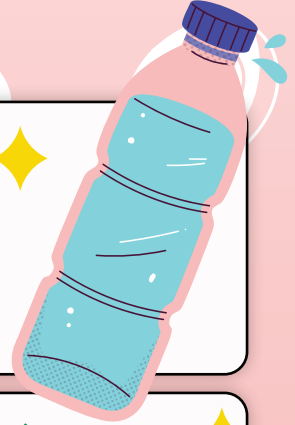
# YOUR QUESTIONS ANSWERED

## Debunking Myths about Diabetes

### Is diabetes caused by eating and drinking too much sugary drinks and food?

A high-calorie diet, especially one high in sugar food and drinks, can lead to weight gain, obesity and increase the risk of insulin resistance.

Excess sugar intake and insulin resistance causes the pancreas to work harder to manage blood sugar spikes. This can wear out the pancreas over time, causing decreased insulin production, leading to type 2 diabetes and other health problems.



### Is diabetes reversible?

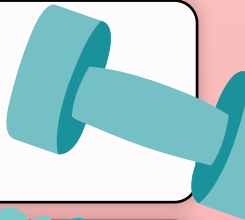
While there is currently no cure for diabetes, adhering to a healthy lifestyle, along with regular check-ups and medication compliance, can keep diabetes under control, and prevent complications from arising.

In some overweight or obese individuals with Type 2 diabetes, losing weight through lifestyle changes or bariatric surgery can lead to significant improvement and even remission of diabetes.



### What is the link between obesity and diabetes?

The accumulation of excess fat in the body contributes to cellular resistance to insulin. As a result, individuals who are obese face a significantly higher risk of Type 2 diabetes, which is 3 to 7 times greater than that of non-obese individuals.



### How often should one get tested for diabetes?

Our local screening guidelines recommend health screening every 1 to 3 years based on your risk profile. This includes screening for high blood pressure, diabetes, high cholesterol, and kidney disease.



### Should people with diabetes avoid carbohydrates?

Carbohydrates are an important source of energy and nutrients. However, they can also raise blood sugar levels. Instead of avoiding carbohydrates, focus on controlling the amount and types of carbohydrates you eat to help manage your blood sugar level.



### Will skipping meals help control my diabetes?

Skipping meals is not recommended as your blood sugar level can fluctuate significantly. If you are on medication, this may cause hypoglycemia or low blood sugar. Try eating 3 regular and balanced meals daily at regular timings to manage your diabetes.



#### STEP 1

Take this Quiz  
to test your knowledge!

[for.sg/quiz-diabetes](https://for.sg/quiz-diabetes)



#### STEP 2

Visit the Health Library for  
more tips & resources.

[for.sg/ht-health-library](https://for.sg/ht-health-library)