



LIFESTYLE MEASURES TO HELP PREVENT AND MANAGE TYPE 2 DIABETES

DR URVASHI HEGDE MBBS MRCP DRCOG DFFP



TYPE 2 DIABETICS

PRE-DIABETICS (NON DIABETIC HYPERGLYCAEMIA -NDH)

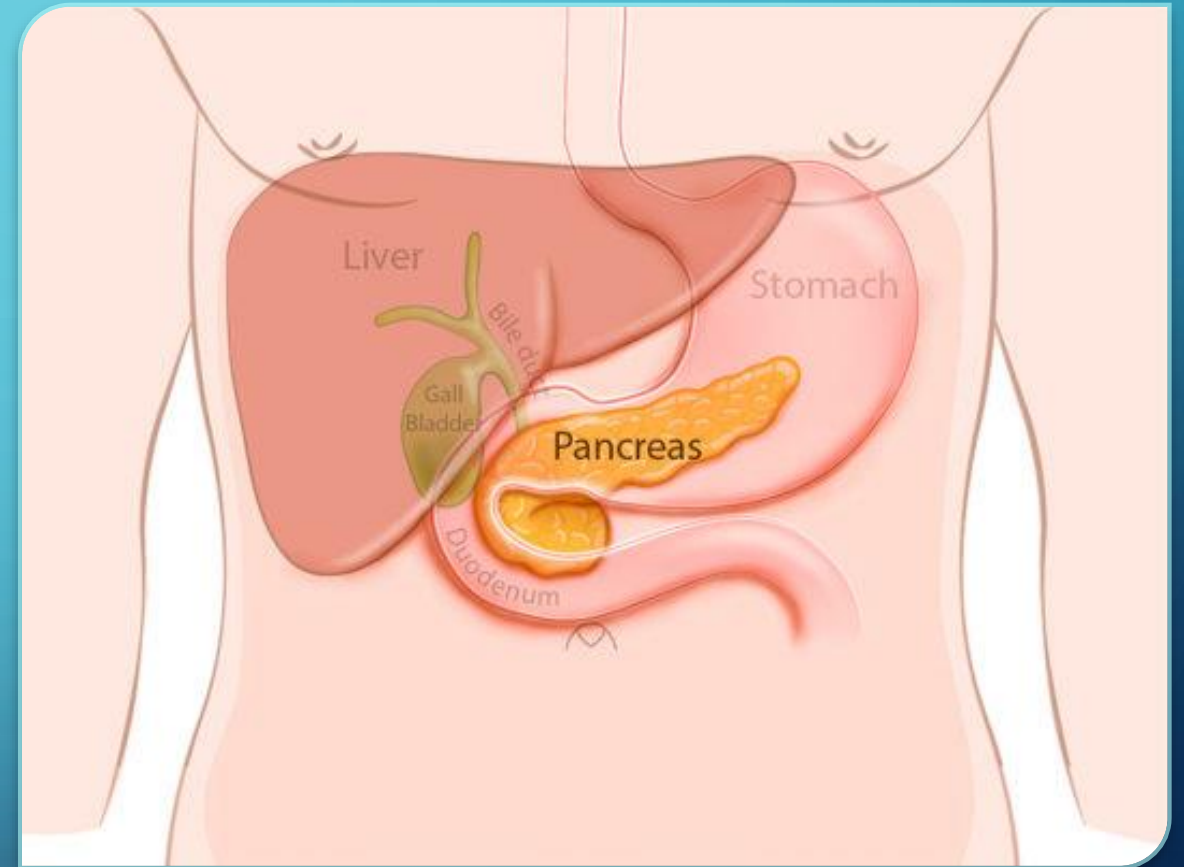
- This is NOT for Type 1 Diabetes Mellitus
- 
- 
- 

PREVALANCE

- About 4millions people in the UK been diagnosed
- About 1 million have it but not yet been diagnosed
- By 2025 about 5 million adults
- Children <19 are being diagnosed with Type 2 diabetes

WHAT CAUSES DIABETES?

- Insulin deficiency –deficient insulin secretion
- Insulin resistance –resistance to the action of insulin



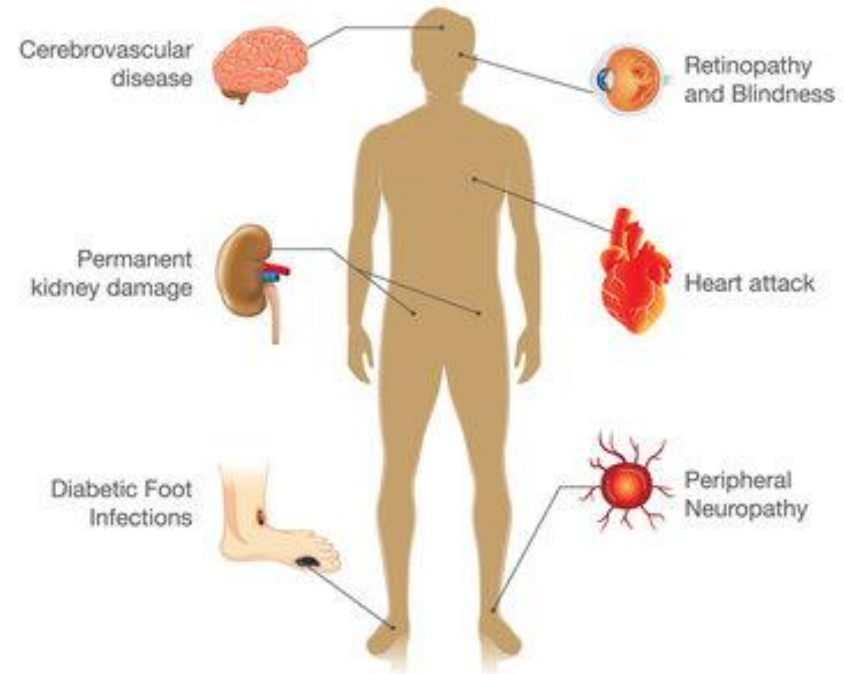
RISK FACTORS FOR TYPE 2 DIABETES

- Obesity – accounts for 85% of the overall risk
- Inactivity
- Family history- 2-6 times more likely
- Ethnicity- Asian, African, Afro-Caribbean (2-4 times more likely)
- Gestational Diabetes
- Diet – Low fibre & high Glycaemic index diet (sugary food & drinks , white rice, white bread & potatoes)
- Metabolic Syndrome

COMPLICATIONS

- Stroke /TIA
- Heart attacks and Heart failure
- Foot ulcers
- Kidney problems
- Eye-can cause blindness
- Sexual dysfunction

Complications of Diabetes Mellitus



MANAGEMENT

- Lifestyle measures
- Oral medication
- Injectables
- Insulin
- *Gliclazide *Glimeperide *Insulin-
Monitor blood glucose regularly



ANY QUESTIONS ?

- Thank you