



Diabetes Awareness Event

Lagoon Leisure Centre

Martin McIntyre
Diabetes Consultant
Royal Alexandra Hospital
Paisley

Overview

- What is diabetes?
- What are the symptoms?
- Who's at risk?
- Can diabetes be prevented?
- What are the treatments?
- What are the complications?
- How can they be prevented?

What is diabetes (mellitus)?

- High blood glucose (sugar)
- Type 1 diabetes
 - Pancreas does not produce enough insulin
- Type 2 diabetes
 - Body is resistant to insulin
- Gestational diabetes
 - Develops during pregnancy, then goes away

What are the symptoms?

Frequent
Urination



Unexplained
Weight Loss



Increased
Thirst



Excessive
Fatigue



CLASSIC DIABETES SIGNS YOU MUST NOT MISS!

Weight Gain



Slow
Healing



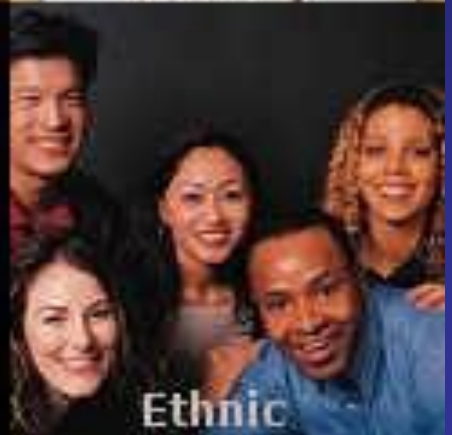
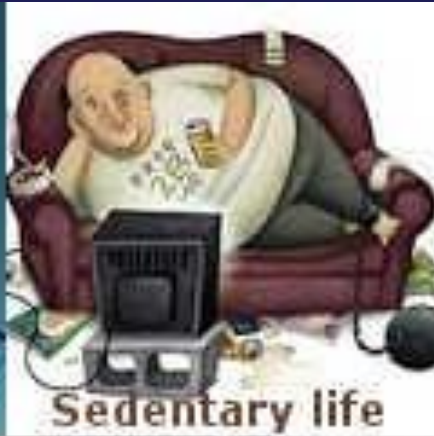
Excess Sleep



Blurred
Vision



Who's at risk?



Can diabetes be prevented?

Diabetes: Risk Factors and Prevention



Family History



Obesity



Poor Diet



Gestational Diabetes



Physical Inactivity



Regular Exercise

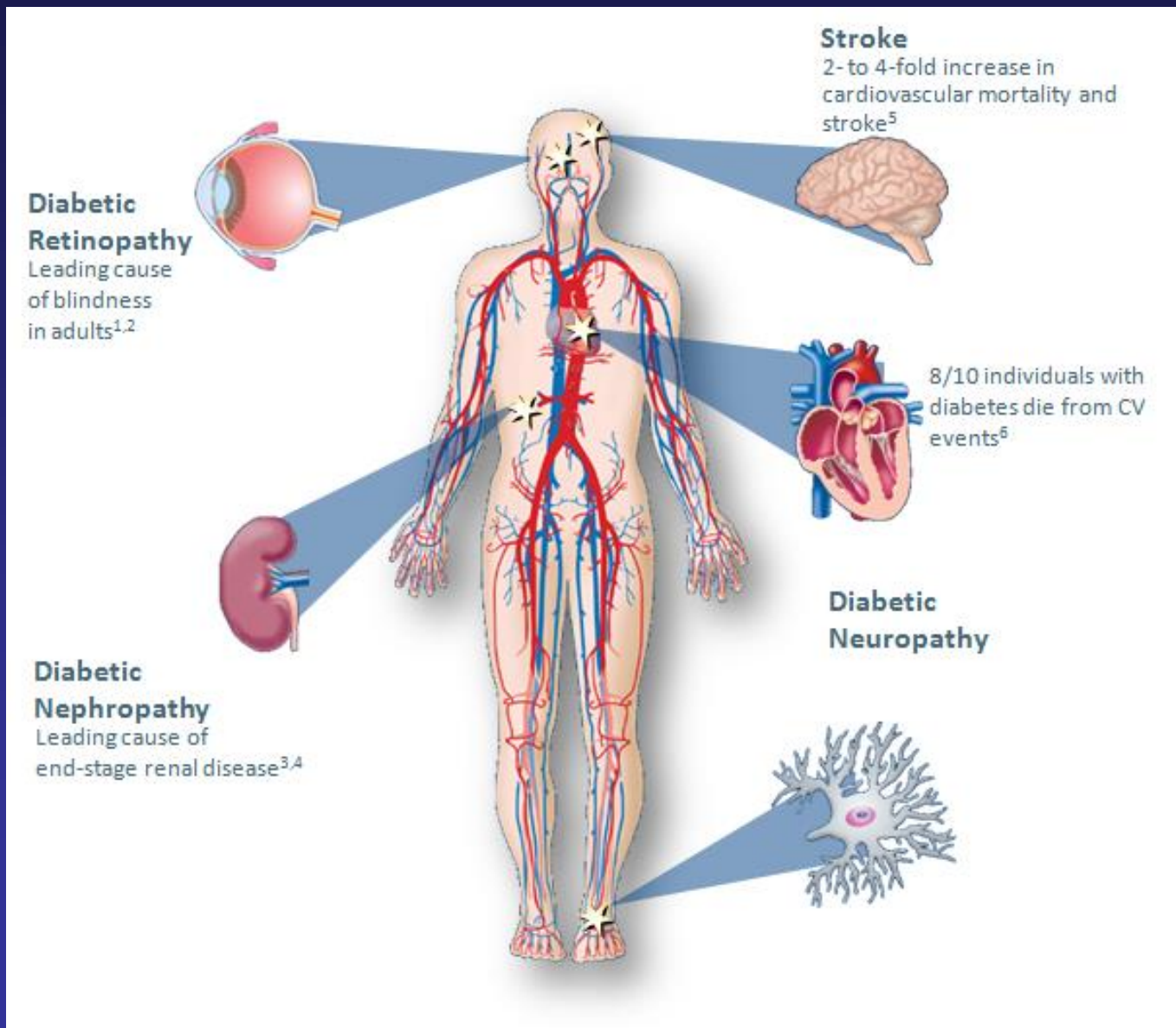


Eating Healthy

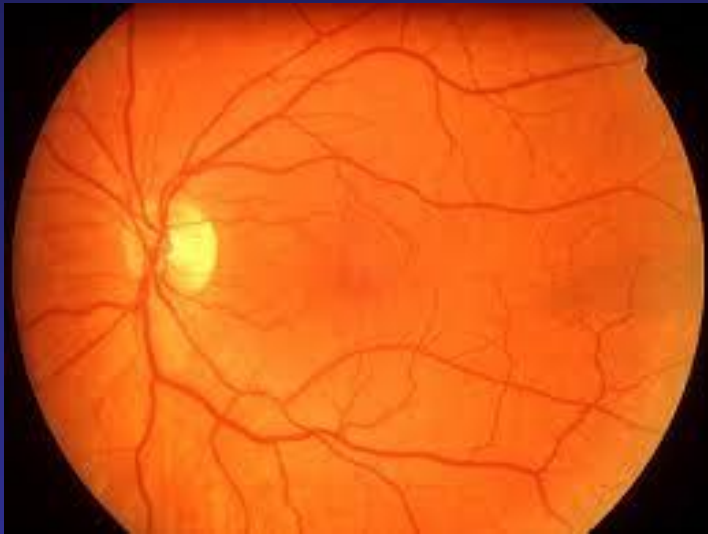
What are the treatments?



What are the complications?



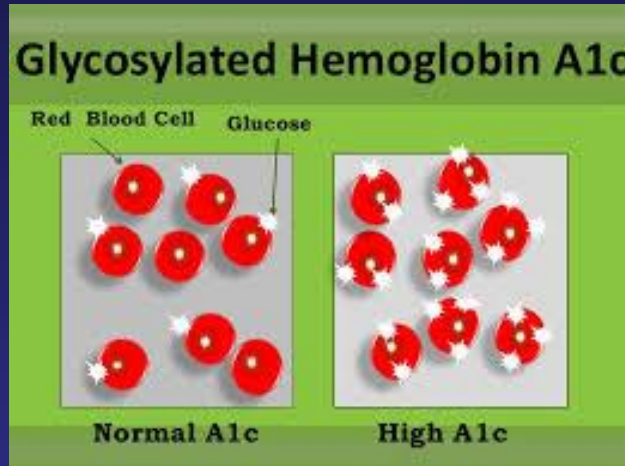
What are the complications?



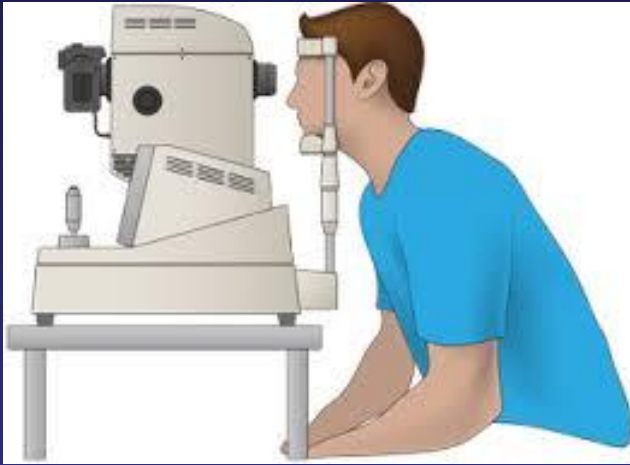
What are the complications?



How can they be prevented?



How can they be prevented?



9 Processes of Care for Diabetes

1. Weight
2. Diabetes control (HbA1c)
3. Cholesterol
4. Kidney function blood test (eGFR)
5. Urine test (ACR)
6. Blood Pressure
7. Eye screening (Retinal photography)
8. Feet examination (sensation and circulation)
9. Smoking status

Any Questions?