



PLATINUM
HEALTH



World Diabetes day



14 November is World Diabetes Day! This year, the campaign focuses on ensuring that people with diabetes have access to information and care to prevent diabetes-related complications, and that people at risk of type 2 know the steps to delay or prevent the condition arising.

'Know your risk, know your response'

Type 2 diabetes, which accounts for over 90% of all diabetes, often develops silently, with symptoms that go unnoticed. As a result, many people with the condition, more than 50% in some countries, are not diagnosed early, and, according to research done by the International Diabetes Federation, one or more complications are already present.

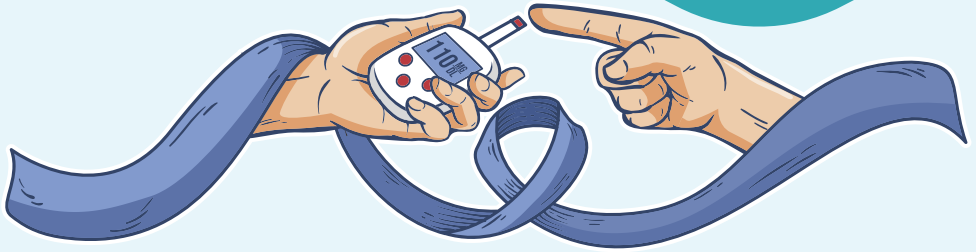
Diabetes-related complications can be serious and potentially life-threatening. They include damage to the heart, eyes, kidneys, brain and feet. The risk of complications places significant stress on people living with diabetes.

Symptoms and effects of diabetes

If you suffer from diabetes, it means that there is too much glucose (sugar) in your bloodstream. This happens because a hormone that helps the body absorb and use energy, insulin, is not released or doesn't work properly.



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How to keep your blood sugar level stable

- **Eat small, regular meals**

Regular meals spread evenly throughout the day will ensure that a consistent source of energy is available and will prevent you feeling fatigued it will also make you feel less hungry less often, thereby reducing the number of kilojoules you ingest and helping to control your weight.

- **Increase your fibre intake**

Fibre helps promote a more gradual rise in the blood sugar level, as it slows sugar absorption and carb digestion. Foods high in fibre include wholegrain bread and oats, pears and oranges, broccoli and sweetcorn, and potatoes with the skin.

- **Drink lots of water**

Drinking enough water not only prevent hydration, but also helps your kidneys flush out any excess sugar in the body through urine. Make drinking water more enjoyable by infusing a jug of water with blueberries and oranges, lemon and mint, or strawberry and basil.



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- **Give up the refined sugars**

Stop the sugar-filled sweets, snacks and nibbles. We know cutting out sugar can be really hard at the beginning, so small practical swaps are a good starting point when you're trying to cut down on excess sugar. Swapping sugary drinks, energy drinks and fruit juices with water, plain milk, or tea and coffee without sugar can be a good start.

Cutting out these added sugars can help you manage your blood glucose levels and help you manage your weight. Avoid sugar-sweetened drinks where possible, as these will raise your blood glucose level, drive weight gain and increase your risk of diabetes. Try hot or iced teas.

- **Change your lifestyle.**

Stop smoking, exercise regularly, drink lots of water and reduce alcohol consumption.

Platinum Health's routine screening benefits

Regular glucose testing remains the most accurate method to monitor your blood glucose level and prevent developing medical complications in life.

All Platinum Health's medical scheme plans offer cover for routine screening tests such as blood glucose, cholesterol, body mass index (BMI) and blood pressure measurement.

SOURCE

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/10-ways-to-eat-well-with-diabetes>