



Diabetes

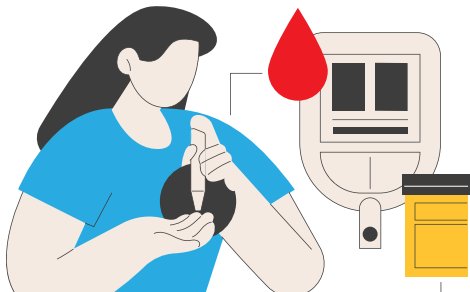
English version 2025

What is type 2 diabetes?

Diabetes is characterized by an excess of sugar in the blood. Insulin, a hormone produced by the pancreas, is no longer produced in sufficient quantities or is no longer effective enough. Insulin converts sugar into energy for the body to use. When insulin is lacking, the sugar consumed is no longer absorbed by the body and ends up in the bloodstream in excess:

this is called hyperglycaemia.

Diabetes is a chronic 'silent' disease.



What are the signs of diabetes?

When the blood sugar level is too high and diabetes occurs, your body sends out certain warning signs:



Extreme thirst, dry tongue



Frequent, copious urination



Unexpected extreme weight loss



Blurred vision



Severe fatigue, drowsiness



Nausea, vomiting

What causes diabetes?



Diet rich in fats and sugar



Overweight



Sedentary lifestyle



Family predisposition



Age (over 40)

What are the risks of diabetes?

Too much sugar in the blood over a prolonged period causes damage to arteries and nerves. Diabetes can cause serious complications:



Stroke



Loss of sight



Heart attack



Kidney damage



Wounds that do not heal

How can I improve my blood sugar levels?



Adopt lifestyle changes to take care of yourself physically and mentally



Take your medication in the prescribed doses at the set times



Check your blood sugar levels regularly



Have a check-up every 3-6 months



If you are overweight, gradually lose weight

Inspecting and caring for your feet

Diabetes causes nerve damage leading to a loss of sensitivity in the feet. If you hurt your feet, you must make sure the wound does not become infected and heals properly. If there is no improvement or if the wound becomes infected, consult a doctor or a nurse.



Use a mirror to check your feet twice a week



Wash your feet every day and dry them thoroughly, especially between the toes



Apply foot moisturizer



Cut your toenails in a straight line, not too short



Do not use scissors to remove corns



Do not walk around in bare feet



Wear shoes that are adapted to the shape of your feet (no rubbing or pressure points) and to your activities

How can I improve my health?

Eat a balanced diet

Your nutritional requirements depend on your weight, height, age and level of physical activity.

Vegetables
cooked/raw
salads



Protein

Eggs
Fish
Tofu
Meat
Lentils
Dried beans
Kidney beans

Carbohydrates, sugars, starches, starchy foods

Pasta
Cassava
Rice
Potatoes
Bread products

Avoid eating too much sugar

Advice for a better quality of life



Drink eight glasses of water a day



**Avoid sodas, cordials and fruit
juices in large quantities**



Do not smoke

Increase your level of physical exercise

Get regular exercise and take advantage of any opportunity as you go about your daily life



Mental health

It is important to take care of yourself and your mental health. Diabetes is a chronic illness that can cause high levels of emotional stress. It is important to talk about this if you run into difficulties.





Diabetes on the internet



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SANTÉ SANS-PAPIERS

PLATEFORME NATIONALE POUR LES SOINS DE SANTÉ
PIATTAFORMA NAZIONALE PER L'ASSISTENZA MEDICA
NATIONALE PLATTFORM GESUNDHEITSVERSORGUNG