

What are the Common Treatments for Diabetes?

Medications for Type 2 diabetes

Tablets

That cause you to produce more insulin

Sulphonylureas
Meglitinides
DPP-4 inhibitors (gliptins)

Tablets

That help your Insulin work Harder

Biguanides
Thiazolidinediones (glitazones)

Tablets

That increase Glucose excretion Via the kidneys/urine

SGLT2 inhibitors

Tablets

That slow Glucose entering Your body After eating

Alpha-glucoside inhibitors
e.g. acarbose

Injections

That cause you To produce more Insulin and help With weight loss

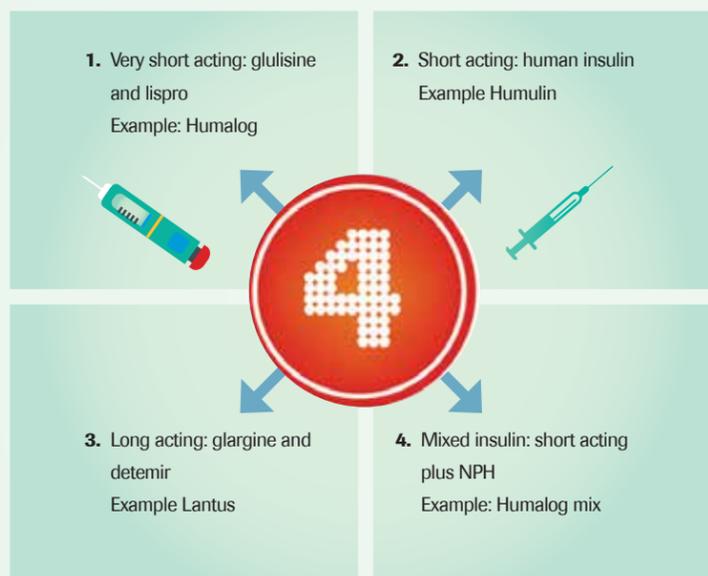
GLP-1 analogues

Common Treatments for Diabetes

Medication for type 1 and some type 2 diabetes

Insulin can be given to supplement your body's own insulin production. There are a few different forms of insulin available. They are usually made in a lab derived from animal sources or are made to match human insulin. Modified version are called analogues. You can either inject it or use an insulin pump.

There are FOUR main types of insulin:



Insulin pump therapy

An insulin pump acts like your pancreas, it is programmed to continuously deliver insulin 24-hrs-a-day to meet your personal requirements.

It is a small device attached to a thin flexible tube that is inserted into your abdomen or thigh via a fine needle called a cannula.

Many people find that using an insulin pump can help to improve their control and reduce the number and severity of hypos.



Your Diabetes Care Plan and What Should You Include

Your care plan

Caring for your diabetes is a joint responsibility between you and your diabetes healthcare team. You should decide together on an individual care plan.

You should include:

- An agreed HbA1c target.
- Diabetes education and advice on your diet.
- Information on types of treatment.
- Advice on monitoring your blood glucose control.
- Regular checks on your general health (blood pressure, blood lipids, eyes, feet and kidneys).
- Treatment for special problems and in an emergency.
- How often you should see your nurse or doctor.

Taking control of your diabetes

Staying in control of your diabetes can sometimes be tough, but regular monitoring, good blood glucose control and a healthy diet/lifestyle can really help you stay on top of your diabetes.

Tips to stay on top

- Look after your heart and circulation – eat healthily and exercise regularly.
- Eat more unprocessed, high-fibre foods (e.g. wholemeal bread, vegetables) and cut down on fatty and sugary foods (e.g. jams, red meat and biscuits).
- DO NOT SMOKE.
- Get a blood pressure and eye check-up at least once a year.
- Keep a record of your blood glucose tests – and act on them.
- Check your feet regularly for cuts and bruises.
- Avoid being overweight.
- Talk to your doctor or nurse if you are unsure or need advice.

Did You Know That:



- There are 3 types of diabetes: type1, type 2 and gestational
- Keeping a record of blood glucose through regular and consistent testing improves your outcomes
- Healthy diet and exercise are very important
- Good blood glucose control helps you be in control



For more about the range of free diabetes information brochures, call the Accu-Chek Customer Careline:

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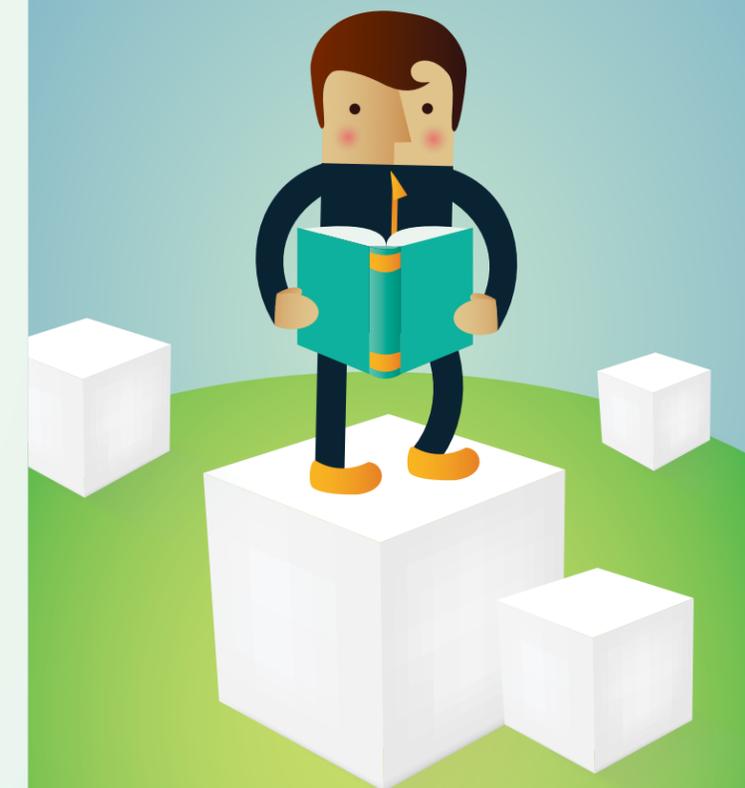
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The Story of Diabetes

The inside story on diabetes



Essential advice for people with diabetes from Accu-Chek

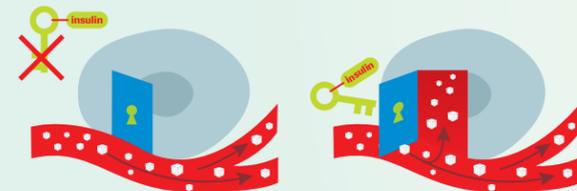
What is Diabetes?

Diabetes is a defect in the body's ability to convert glucose to energy. Glucose or in other words sugar is the main source of fuel for our body. When food is digested it is changed into fats, proteins and carbohydrates. Foods that affect blood sugar are called carbohydrates and those are found in food like bread, rice, pasta, potatoes and juice. Too much of glucose over a long time might damage tissues and organs.

What normally happens in our body?



During digestion, carbohydrates are broken down into glucose (sugar). It is then absorbed into the bloodstream, to be transported to the cells of the body. At this point, blood glucose levels rise. In order for the cells to use the glucose as fuel, a hormone called Insulin is needed, which is produced by a gland near stomach called the pancreas. It acts like the key allowing glucose to be transported from the blood to the cells and consequently lowering the levels from the blood.



What happens in a diabetic body?

If you have diabetes your body is unable to properly process sugar. This is because either you don't have enough insulin produced or if the insulin is not working properly. As a result, blood sugars remain high in the body.



What are the Common Symptoms of Diabetes



Extreme tiredness



Blurred Vision



Frequently passing urine, particularly at night



Weight loss



Increased thirst



Cuts and wounds that heal slowly

If you haven't been diagnosed with diabetes but are experiencing any or all of the above symptoms, make an early appointment to see your doctor.

What are the Types of Diabetes?

Type 1

This type of diabetes describes the condition which occurs when your pancreas stops producing any insulin at all.

Type 1 diabetes usually starts earlier in life and is more common in younger people. Treatment is insulin-based and is usually given with an injection pen or using an insulin pump. This bypasses the acids in your stomach, which would destroy the insulin if you took it by mouth.



Type 2

In type 2 diabetes your pancreas is still able to make insulin, but either there isn't enough to meet your body's needs, or the insulin it produces is not properly used. This type of diabetes usually starts later in life. And at early stages can sometimes be controlled with exercise and simple changes to your diet.

If a healthy diet isn't enough to control your body glucose levels you may also be prescribed tablets, or insulin by your healthcare team.



Gestational diabetes

This type of diabetes occurs in pregnant women who never had diabetes before but who have high blood glucose (sugar) levels during pregnancy. Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy and therefore blood glucose is not used efficiently. This condition affects both the mother and the baby if poorly controlled and unrecognized.



What are the Common Risks of Diabetes Type 2?

- If it runs in the family
- If you are overweight
- Age
- If you don't get regular exercise
- If you have bad eating habits



How Do You Keep Your Diabetes in Check

Knowing your blood glucose ranges and target HbA1c is crucial for proper Diabetes management. Regular testing will tell you your blood sugar is high or low and assist you in deciding what actions to take to keep it controlled.

SMBG

Self-monitoring of blood glucose "SMBG" is done by yourself by a hand-held blood glucose meter at home. It gives you an instantaneous picture of what's happening and allows you to act quickly if you become hypo or hyperglycemic.



HbA1c test

Is a test that is done in the lab to tell you how well, on average, your blood glucose levels have been controlled over a longer period of time. HbA1c is ideally tested every 2 months.

What are the Complications of Diabetes?

Hyperglycemia

Which is the rise of blood sugar in the body, causes the production of chemicals called ketones which maybe poisonous for your organs. Hyperglycemia is caused by poor control of blood sugar and excessive intake of sugars from diet. This is usually when blood glucose levels rise beyond 180 mg/dl.

Hypoglycemia

Which is the drop of blood sugar in the body, causes a deficiency in fueling the organs with sugar. This leads to potential accidents, injuries, coma and sometimes death. Hypoglycemia is caused by low intake of blood sugar and /or by excessive insulin injections or high dose of hypoglycemia diabetic pills.

Frequent testing of blood sugar in addition to having a good management plan will help avoid those detrimental consequences. Consult with your healthcare professional regarding the signs and symptoms of hyper and hypoglycemia and make sure to have a plan to manage either condition encountered.

Long Term Complications



Keeping your blood sugar in range on a daily basis and your HbA1c, help prevent and delay those complications. Consult with your healthcare professional to ensure periodic checkups on the above.

Some Tips to Prevent Diabetes Complications

1. Follow a balanced diet plan through portion control, eating less sugars and fats, and including fruits, fibers, good proteins and vegetables in your meals. You may even consult with a dietician if needed.



2. Do some physical activity regularly. Do a minimum of 30 minutes of brisk walking at least 5 days a week. Try to take an active habit into your daily life such as cycling, swimming, or any other sport.

3. Check your blood glucose regularly.

