



world diabetes day

14 November

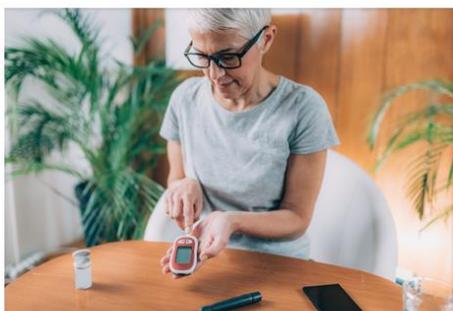
WORLD DIABETES DAY



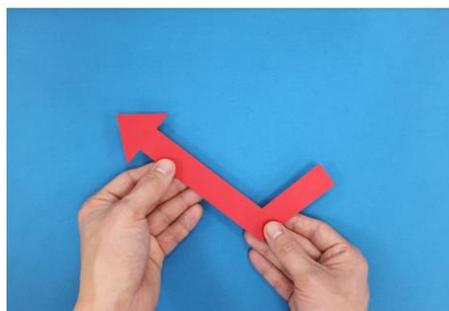
WORLD DIABETES DAY

This Saturday, 14th of November, we are supporting World Diabetes Day - the world's largest diabetes awareness campaign. World Diabetes Day was created in 1991 by International Diabetes Federation and the World Health Organisation in response to growing concerns about the escalating health threat posed by diabetes.

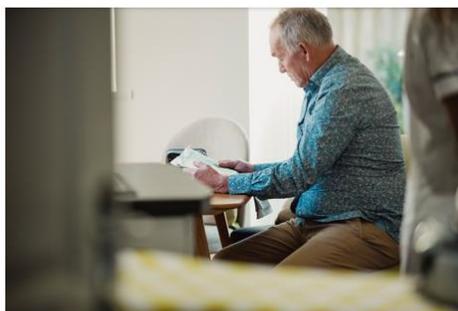
KEY FIGURES



463 million adults (1-in-11) were living with diabetes in 2019



The number of people living with diabetes is expected rise to 578 million by 2030



1 in 2 adults with diabetes remain undiagnosed (232 million). The majority have type 2 diabetes



Diabetes caused 4.2 million deaths in 2019



WHAT IS DIABETES?

Diabetes is a serious condition where the blood glucose level is too high. It occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. In consequence, glucose stays in the bloodstream and can't move across into the cells to give them energy to work properly. Over the long-term, high glucose levels are associated with damage to the body and failure of various organs and tissues.

TYPES OF DIABETES

There are two main types of diabetes:

Type 1: it can develop at any age, but usually is more common among children and adolescents. 1 in 10 people with diabetes are Type 1. When you have type 1 diabetes, your body produces very little or no insulin at all. It means that you need daily insulin injections to maintain blood glucose levels under control.

Type 2: it occurs most frequently in adults and accounts for around 90% of all diabetes cases. When you have type 2 diabetes, your body does not make good use of the insulin that it produces.

Other types of diabetes include gestational diabetes, which some women may develop during pregnancy. There are also other rarer types of diabetes, such as type 3c and Latent Autoimmune Diabetes in Adults (LADA).

SYMPTOMS OF DIABETES

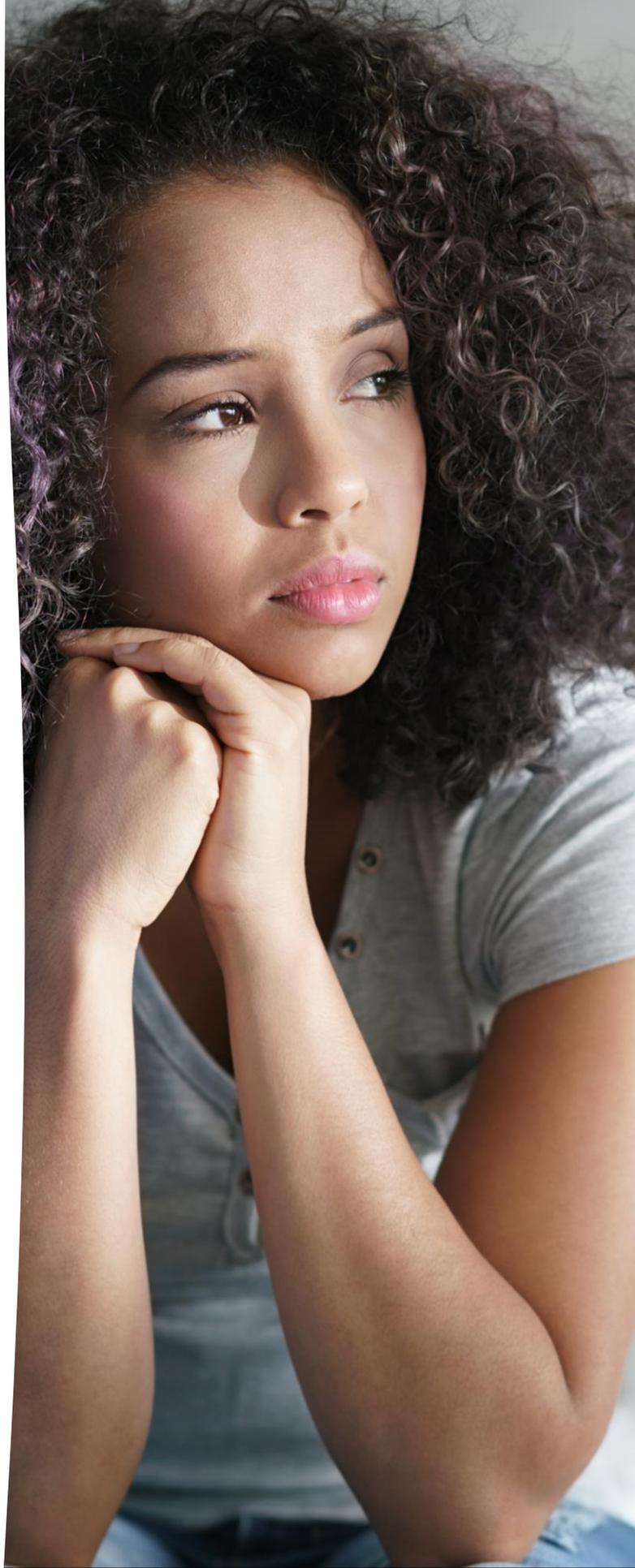
The common symptoms of diabetes include:

- Urinating more than usual, especially at night
- Being thirsty
- Feeling more tired than usual
- Losing weight unexpectedly
- Having blurred vision
- Genital itching or thrush
- Cuts and wounds taking longer to heal

If you have any of the symptoms of diabetes, you should contact your GP. They may arrange a blood test to check your blood glucose level and they may also test your urine.

At Corazon Health we also offer blood glucose level tests. Please [contact us](#) for more details if you would like to organise testing for your employees.

Early diagnosis and treatment are crucial for overall health and can reduce the risk of developing serious complications.



DIABETES TREATMENT

There are several treatments available to help manage and treat diabetes. Everyone is different, so treatment will vary depending on people's individual needs.

Type 1 diabetes is treated by taking insulin injections or using an insulin pump. Also, there are a wide range of computerised diabetes devices available to help people better manage their blood sugar levels.

Type 2 diabetes might be initially treated by following a well-balanced diet, exercising regularly and maintaining a healthy weight. However, if blood sugar levels are still high, medications are used to help the body use its own insulin more efficiently. In some cases, insulin injections are necessary.

If you have been diagnosed with diabetes, you can visit [NHS website](#) to find various apps and online tools that can help you manage your diabetes and provide with general health and wellbeing tips.

To learn some helpful food tips for people with diabetes watch a [video](#) from Diabetes.co.uk. You may also find helpful a [seminar](#) on diabetes and sports from Stanford University School of Medicine.





DIABETES AND COVID-19

If you have diabetes you are no more likely to catch COVID-19 than anyone else. However, anyone suffering from diabetes, including those with type 1, type 2, gestational and other types, is vulnerable to developing a more severe illness in the event they do contract COVID-19. The severity of an illness and its symptoms can vary from person to person.

To find any new updates on COVID-19 and diabetes please visit [Diabetes UK](#).

You can also watch an interview with diabetes specialist nurse explaining how to manage diabetes during the COVID-19 pandemic.

[Part 1](#), [Part 2](#)

From an employer's perspective, identifying who has COVID-19 is essential to reduce or even eliminate the spread of the virus in the workplace, as well as to protect employees, especially those ones who suffer from certain medical conditions. At Corazon Health we are now offering a COVID-19 Postal Testing Kit. The kit enables employees to take a sample themselves and return it directly to the laboratory by post. Please [contact us](#) for more information.

REFERENCES

[Diabetes UK](#)

[International Diabetes Federation](#)

[NHS](#)

[British Heart Foundation](#)

