

## What is Diabetes (Sugar Sickness)?

Diabetes is the condition in which the body is not able to breakdown the sugar.

## What causes Diabetes (sugar sickness)?

The exact cause of diabetes is unknown but there are certain lifestyles (risk factors) that could increase your chances of getting diabetes.

## Types of Diabetes (sugar sickness)

There are two types of diabetes.

**Type 1** is mostly found in adolescents and young adult. It is often connected with sickness such as urinary tract infection (infection where the pee can pass).

**Type 2** is found in adult and elderly people. It can lead to problem such as blindness, kidney failure, heart disease and nerve damage, and even amputation (cut part of your body).

## Some general Signs and Symptoms of Diabetes

- Constant tiredness (getting tired fast fast)
- Frequent thirst ( drinking fast fast)
- Frequent Urination (peeing fast fast)
- Frequent hunger (eating fast fast)

- Poor wound (sore) healing
- Unexplained weight loss (just getting dry)

## Risk factors associated with diabetes (sugar sickness)

- **Family History** (having a family member with diabetes-mother, father).
- Obesity (Overweight/ too fat)
- High blood pressure or heart attack or stroke.
- Smoking
- Excessive alcohol (drinking liquor plenty) intake

## Some things that do not cause diabetes

- Eating sweet and sugar does not cause diabetes **but eating a lot of sugary and fatty foods can lead to being overweight.**
- Stress does not cause diabetes **although it may make the symptoms worst in people who already have the condition.**
- An accident or sickness will not cause diabetes **but may reveal diabetes if it is already there.**

- Stepping in the urine of someone with diabetes will not give you diabetes
- Having sex with someone with diabetes will not give you diabetes

## What to do to lower your chances of getting diabetes (sugar sickness)

- Avoid smoking
- Avoid drinking alcohol (liquor)
- Take exercises regularly
- Healthy diet(eat fruits and vegetables as part of your daily meal)
- reduce salt, sugar ,oil & starch



intake,

**HINT:**

Visit the clinic/hospital regularly to do your sugar test.



**For further Information, Contact the**  
**Non Communicable Disease Division**  
**Ministry of Health**  
**Republic of Liberia**

# **FACTS ON**

## **Non Communicable Disease**

# **DIABETES**

**(Sugar Sickness)**



**Non Communicable Disease Program**  
**Ministry of Health & Social Welfare**  
**Republic of Liberia**