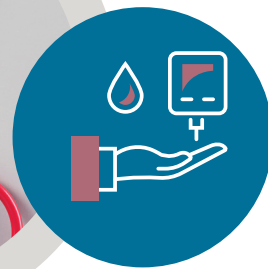


YOUR CARE POLMED

April 2021



Could I have diabetes?



Diabetes is the third most significant risk factor for early death and disability in South Africa. **While 4.5 million South Africans are currently diagnosed with the condition, an estimated 69% of diabetics in the country remain undiagnosed.**

Undiagnosed diabetes can increase the risk of heart disease, kidney damage, eye damage and stroke.



Am I at risk for diabetes?

Risk factors for diabetes include a family history of diabetes, an unhealthy diet, and a waist circumference greater than 88cm for women and 102cm for men.

However, just because you don't have any of these risk factors doesn't mean you can't develop diabetes. That's why it's essential to know the signs and symptoms of the condition.

Signs and symptoms to look out for:

1. Are you making more trips to the bathroom?
2. Are you constantly thirsty?
3. Are you always hungry?
4. Are you suddenly losing weight without trying?
5. Is your vision becoming blurry?

If you've answered yes to at least 3 of these questions, you should speak to your doctor.



Diagnosis of diabetes

Diabetes is diagnosed through an easy finger-prick test, which measures blood sugar levels. It would be best if you had your blood glucose measured at least once a year.

Should you be diagnosed with Diabetes Mellitus, please contact Polmed Disease Risk Management programme for more information and enrolment onto the programme. Phone the Call Centre on **0860 765 633** during office hours (08:30 - 17:00) Mondays to Fridays, and follow the prompts to the Disease Risk Management Programme. Alternatively, send an email to **polmeddiseaseman@medscheme.co.za**.

This will ensure that you receive the appropriate care you need to manage your condition.

Diabetes is a manageable condition, but early diagnosis is essential. By monitoring your health, you can pick up the early signs and symptoms before they cause health complications.

References:

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