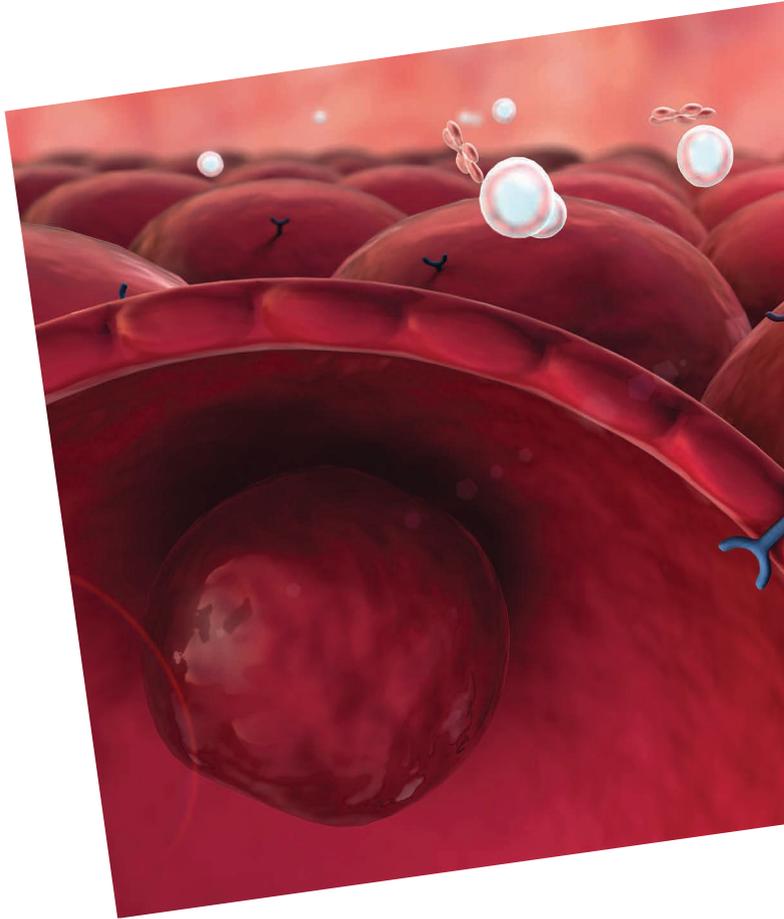


Understanding Diabetes Mellitus

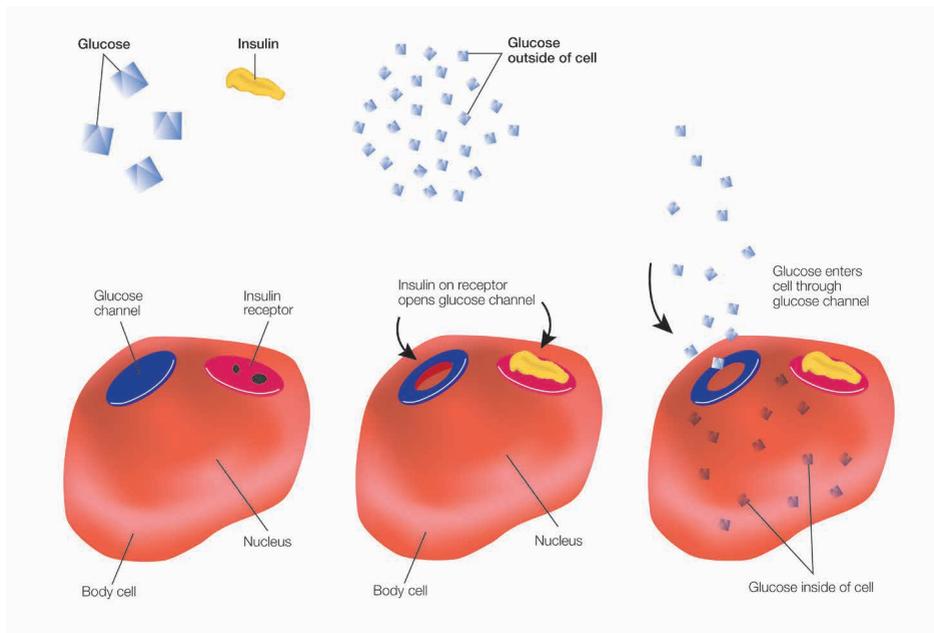


The Diabetes, Endocrine & Metabolism Centre offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

What is diabetes mellitus?

Diabetes mellitus (also commonly known as “diabetes”) is a disease in which a person’s blood glucose is higher than normal. People with diabetes mellitus do not make enough insulin and/ or their bodies do not respond to insulin (insulin resistance). Insulin is a hormone produced by the pancreas. Glucose is a form of sugar that is produced when the food we eat is broken down. Insulin helps glucose to enter body’s cells where it is used as energy.

Due to insulin resistance and/or the lack of insulin in people with diabetes, glucose builds up in the bloodstream to cause high levels of glucose in the blood. Over time, high blood glucose can damage many parts of the body, such as the eyes, kidneys, heart and nerves. It can also result in life-threatening diabetic emergencies such as diabetic ketoacidosis (DKA) and hyperosmolar hyperglycaemic state (HHS).



Type 1 Diabetes Mellitus

Type 1 diabetes mellitus is an autoimmune disease that most commonly develops in children and young adults but may occur at any age. It occurs when the body stops making insulin completely. People with Type 1 diabetes mellitus require lifelong daily insulin injections.

Type 2 Diabetes Mellitus

Most adults with diabetes have type 2 diabetes mellitus. It usually occurs in adults who are overweight. They may have a family history of diabetes.

Recently, obese children and teens have also been increasingly diagnosed with it due to sedentary lifestyle. Type 2 diabetes mellitus can be controlled with diet modification, weight loss, physical activity and oral medication/insulin.

The Impact of Uncontrolled Diabetes

Small vessel disease

Large vessel disease

The Eyes

Diabetes can cause diabetic retinopathy and cataracts. Left untreated, it can lead to blindness.

The Kidneys

Diabetes is the common cause of kidney failure.

The Nervous system

Diabetes can damage the nerves, leading to numbness and pain in limbs, chronic diarrhea and urinary incontinence.

The Brain

Stroke is more common in people with diabetes.

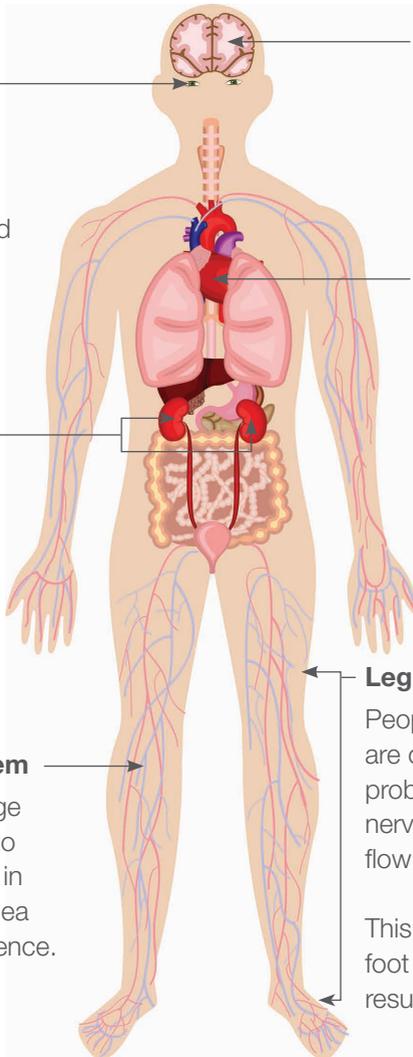
The Heart

Diabetes can lead to heart disease.

Leg and feet problems

People with diabetes are often at risk of foot problems due to damaged nerves and reduced blood flow to their legs and feet.

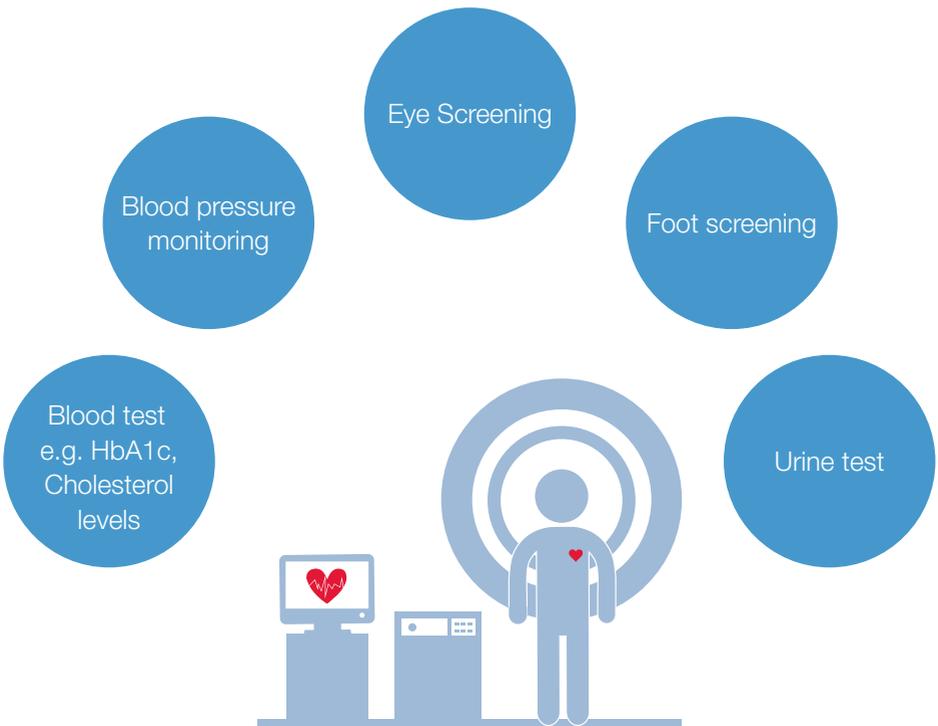
This may lead to diabetic foot ulcers which may result in amputations.



Managing diabetes mellitus

- Adopt a healthy diet
- Exercise regularly
- Keep all appointments with your doctor
- Monitor your blood glucose regularly
- Stay motivated
- Take your medications as prescribed

Go for regular screening



Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

www.juronghealthcampus.com.sg

Clinic opening hours

Monday – Friday 8.30am – 5.30pm, Saturday 8.30am – 12.30pm

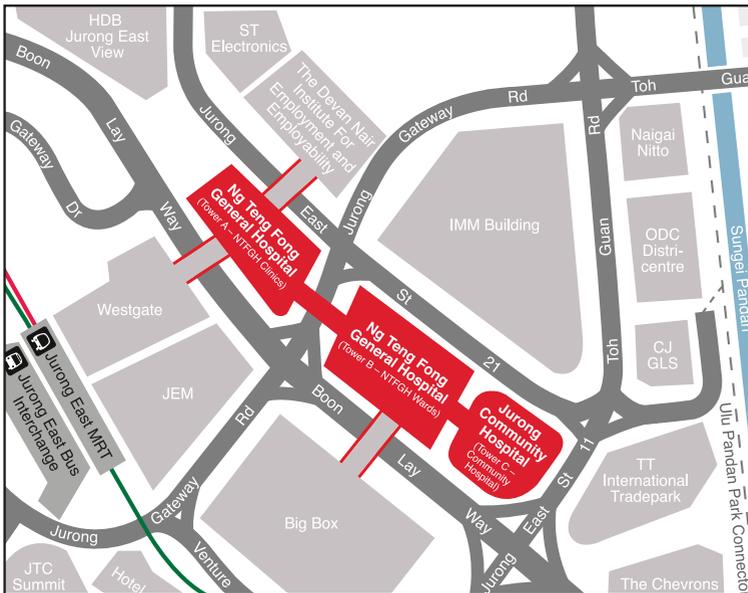
Dental clinic: Monday – Thursday 8.00am – 5.30pm, Friday 8.00am – 5.00pm

Appointments

Appointment line: 6716 2222

Dental appointment line: 6716 2233

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

99, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.