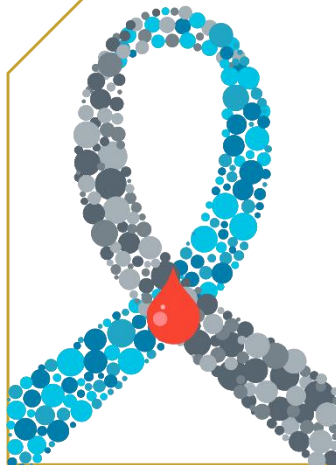




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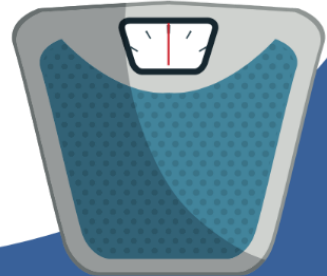
مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Concepts about Diabetes Mellitus



What are the concepts of diabetes and what are their facts?

- Concept:** Eating sugar causes diabetes.
- Fact:** Any high-caloric diet, derived mainly from sugar or other sources, contributes to weight gain, and weight gain poses a significant risk factor for type 2 diabetes.
- Concept:** I will develop diabetes if I am obese!
- Fact:** Obesity is not the only risk factor to develop diabetes mellitus. Being obese indeed increases your odds of developing type 2 diabetes. Yet, other risk factors, such as your family history, ethnicity, age, and lifestyle, must be considered. In addition, other types of diabetes like type 1 diabetes mellitus could affect thin patients.



What are the concepts of diabetes and what are their facts?

- ⊗ **Concept:** I have diabetes! I can't eat chocolate or sweets anymore.
- ✔ **Fact:** The key is eating small balanced portions and saving them for those special occasions.
- ⊗ **Concept:** People with diabetes aren't producing enough insulin.
- ✔ **Fact:** People with type 1 diabetes mellitus typically have failure of pancreatic cells to produce insulin. However, type 2 diabetic patients typically have enough insulin in early diagnosis. However, overtime, their pancreatic function declines due to long standing insulin resistance.



What are the concepts of diabetes and what are their facts?

⊗ **Concept:** I am more likely to catch a cold if I have diabetes.

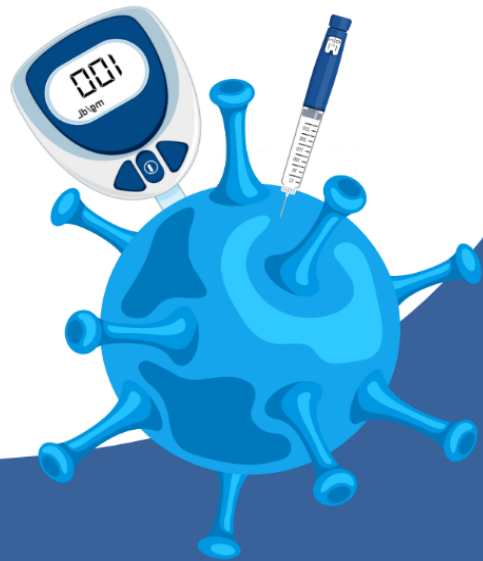
✓ **Fact:** Your chances of catching a cold or any other illness are not different from that of a diabetes-free person. However, severity of infections could be worse in diabetic patients in addition to diabetes being harder to be controlled at the time of infection.



What are the concepts of diabetes and what are their facts?

⊗ **Concept:** Diabetes needs injectable treatment.

✔ **Fact:** It depends on the type and the control of diabetes mellitus. Oral medications are available to control diabetes mellitus especially type 2 diabetes mellitus. However, injectable medications including Insulin and other medications that are available in injection form need to be prescribed sometimes to bring diabetes mellitus into control.



What are the concepts of diabetes and what are their facts?

⊗ **Concept:** I cannot live an active life if I have diabetes.

✓ **Fact:** Unfortunately, this is a common myth; exercise is critical to control diabetes. Muscle during exercise use glucose without relying on insulin. Healthcare practitioners' advice an exercise-oriented regimen for patient with diabetes mellitus.



What are the concepts of diabetes and what are their facts?

⊗ **Concept:** I don't need to test my blood sugar because I'll know when it's low or high.

✓ **Fact:** It's nearly impossible to know your exact blood sugar based on a few symptoms, such as excessive urination, as such symptoms could be due to other causes like bladder infection! Therefore, the only way to accurately know your blood glucose level is to test it.



What are the concepts of diabetes and what are their facts?

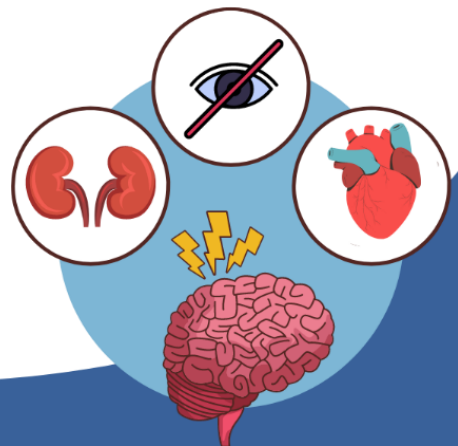
- ⊗ **Concept:** All patients with diabetes mellitus have symptoms of increase thirst and frequent urination.
- ✓ **Fact:** It's true that common symptoms of high sugar include insatiable thirst and excessive urination. However, some individuals have mild to nearly no symptoms with developing type 2 diabetes, yet there's no absolute rule about how symptoms will present.



What are the concepts of diabetes and what are their facts?

⊗ **Concept:** People with diabetes lose a limb or go blind.

✓ **Fact:** True, uncontrolled diabetes can lead to irreversible damage to many organs, such as eye blindness, kidney disease, limb loss, heart disease, and stroke. To prevent such complications, you can control your diabetes by taking your medications, attending your eye and foot exams, and leading a healthy lifestyle coupled with a healthy optimal regimen.



Resources and references:

All illustrations used are from Canva.com

Review and audit:

The content of this booklet has been reviewed by Endocrinology and diabetes consultants at King Fahd University Hospital.

Endocrinology and Diabetes

Health Awareness Unit

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