



Republika e Kosovës

Republika Kosova – Republic of Kosovo

Qeveria – Vlada – Government

Ministria e Punëve të Brendshme – Ministarstvo Unutrašnjih Poslova /

Ministry of Internal Affairs

Policia e Kosovës / Policija Kosova / Kosovo Police

Drejtoria e Shërbimeve Shëndetësore



Risk factors impacting the appearance of Diabetes illness



measures of the Diabetes Illness?

The risk factors are:

Non-proper way of living makes the Diabetes illness appear easier.

The factors that may affect are as following:

- Reduced physical activity
- Stress
- Overweight
- Genetic factor

Overweight may be a high risk factor to get the illness of Diabetes.

Genetic factor (family pre-disposition) has importance in appearing of Diabetes, assisted by aforementioned factors.



I. What is Diabetes?

Diabetes is an illness with which the organism cannot use feeding substances, firstly sugars than proteins and fats properly. This condition is closely related with the production and action of Insulin which is a hormone produced by the body-tissue known as Pancreas.

II. Which are the symptoms of diabetes?

The symptoms of diabetes usually appear after some years from the start of diabetes, those are:

- Increased thirst
- Increased urination
- Wight loss
- Bodily fatigue (weakness)
- Reduction of the ability to focus (concentrate)
- Dim visibility
- Repetitive infections

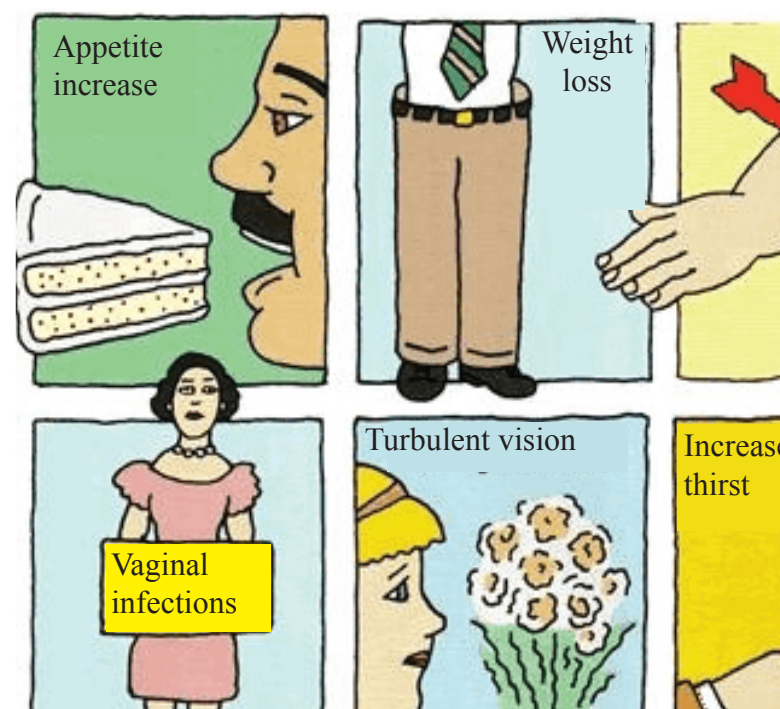
If one or more of these symptoms appear, it is necessary to visit the doctor who after the visit will suggest the patient do a blood test: glicemine (measure of the glucose level in blood.)

III. What are the risk factors and prevention

IV. Diabetes forms

Separation: SINCE 1997 the diabetes according to OBSH is divided into 4 types:

Type1 - mainly young up to 30 years old.



Type2 - mainly over 40 year old and obese.
 Type3 – after the operation in pancreas, born genes, infections and various inflammations, etc.

Tip 4 – pregnancy diabetes.

In the 1 type diabetes, body produces insulin little or not at all. This condition is known as “deficit of Insulin”

In the 2 type diabetes, body at the beginning produces enough insulin but the cells do not use it properly.

This condition is known as “resistance against the insulin”

Diagnosis:

If based on the symptom is suspected in diabetes then according to the new OSH criteria, are enough:

Two fasting hypoglycemia > 7.0 mmol/l or
 random > 11.1 mmol/l to diagnose the diabetes.



V. Treatment of Diabetes

There are two basis of diabetes therapy: The proper way of lifestyle and the pharmacological therapy. Based on the blood analysis, the doctor decides that what type of the therapy is more appropriate for the patient. Lot of medicaments can be taken orally.

What are the complications of Diabetes?

Complications:

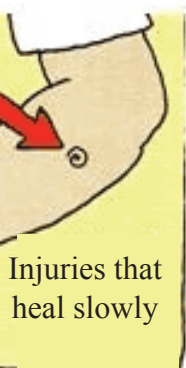
Acute (faster) and
 Chronic (long-term)

Acute complications:

- Hypoglycemia and hypoglycemic coma
- Diabetic ketoacidosis
- Hyperosmolar coma

Chronic complications:

- Diabetic retinopathies (eye)
- Diabetic neuropathy (affect of nerves)
- Diabetic nephropathy (kidneys)
- Diabetic angyopathy
- Cerebral infarction,
- Myocarditis infarction,
- Diabetic foot etc.





Treatment of complications

It is better to prevent by keeping under control the level of sugar in blood with a diet, physical exercises and medications, because there may be un-repairable consequences.

Recommendations to the patients with diabetes:

- Physic activity (walking every day 30-45 min)
- Loss of redundant kilograms
- Maintaining the blood glucose in the right level
- Dietary food
- Avoiding exposure to stress
- Not to smoke
- Examination of feet twice a year
- Regular controls to Ophthalmologist
- Fat controls.
- Regular visits to the cardiologist and nephrologists etc.

Care about nutrition:

Not preferred:

The egg yolk, different pates, peanut, hazelnuts, milk and milk products (cheese) with lots of fat, bread and white flour products, very little red meat and its products, and products which contain sugar (glucose) etc.

Tips for the diabetic foot

Examination of the feet to the patients with Diabetes is very important, because there is

the reduction of blood circulation to the feet and just a little lesion would delay the healing, which is an important factor for hospitalization and amputation of the foot.

How to prevent development of diabetics in a foot and prevent the amputation

Maintenance of feet is part of the life of the diabetic person as the measurement of glycemia.

- Dry areas, redness must be searched (using the mirror)
- Never walk barefoot at the house or at the beach
- Be careful against burning
- Check the water by the elbow
- Never put something hot on the foot
- Use wide footwear which do not hinder the blood circulation
- Once you have removed your shoes, use cotton balls and touch the feet and toes, if you don't feel it, it has affected the nerves (consult the doctor)

A diabetic person can walk in a cut glass and do not feel the pain, this comes as a result of Neuropathy (damages of nerves) which brings the loss of the feel against the cold, hot and pain.

Can the diabetic person have a normal life?

Sure, paying attention to some special aspects, such as the control of glycemia.

There are diabetic persons who run in marathons and other who practice alpinism.

