



مستشفى وعيادة دبي لندن التخصصي  
DUBAI LONDON CLINIC  
& SPECIALITY HOSPITAL



مستشفى دبي لندن  
DUBAI LONDON  
HOSPITAL

# UNDERSTANDING DIABETES

Diagnosis  
Signs  
Treatment



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# WHAT IS DIABETES?

Diabetes is a chronic condition that occurs when blood glucose levels remain above normal limits. This happens if the pancreas does not produce enough insulin (a hormone that regulates blood sugar) or when the body cannot effectively use the insulin it produces. Type 1 diabetes is due to deficient insulin production, while Type 2 diabetes results from the body's ineffective use of insulin. Over 90% of individuals with diabetes around the world have Type 2 diabetes. Gestational diabetes is the type of diabetes that is first recognised during pregnancy.

## WHAT ARE THE CAUSES/RISK FACTORS FOR DIABETES?



The causes of Type 1 diabetes, while not known, may be diverse, such as autoimmune, genetic, or environmental.



Risk factors for Type 2 diabetes are overweight or obesity, family history of diabetes, tobacco use, excess alcohol intake, prior history of gestational diabetes, impaired glucose tolerance and physical inactivity.

## WHAT ARE THE SIGNS AND SYMPTOMS OF DIABETES?



Unusual thirst



Tingling or numbness in the hands or feet



Frequent or recurring infections



Frequent urination



Blurred vision



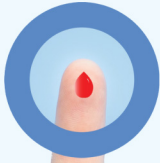
Weight change (gain or loss)



Cuts and bruises that are slow to heal



Extreme fatigue or lack of energy



## HOW IS DIABETES DIAGNOSED?

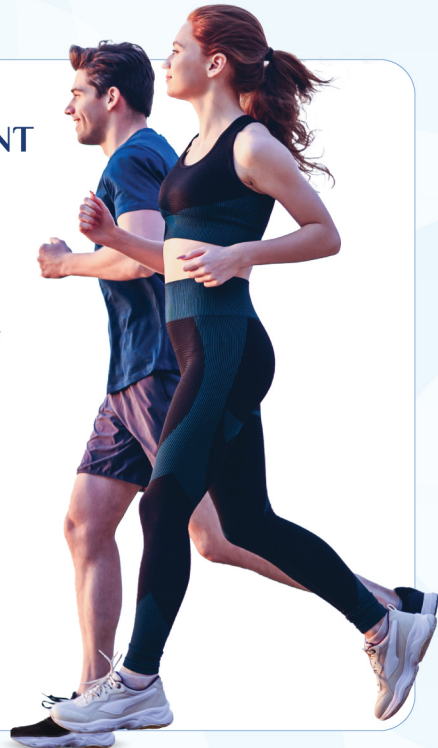
Early diagnosis can be accomplished through blood testing, such as a fasting or random blood glucose test, an oral glucose tolerance test, or a glycated haemoglobin (HbA1c) test.

## WHAT IS THE TREATMENT FOR DIABETES?

Diabetes treatment involves lowering blood glucose and an overall reduction in risk factors for diabetic complications, such as control of blood pressure and blood lipids. This requires lifelong care and management. Quitting tobacco use is important to avoid complications. Healthy eating, physical activity, and monitoring blood glucose levels are required. In addition, oral medication or insulin, or both are needed to control blood glucose levels.

## WHAT CAN BE DONE TO PREVENT AND CONTROL DIABETES?

- Achieve and maintain a healthy body weight
- Be physically active – at least 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control
- Eat a healthy diet of three to five servings of fruit and vegetables a day, and reduce sugar and saturated fat intake
- Quit tobacco use
- Avoid harmful use of alcohol
- Test blood glucose and glycated haemoglobin levels regularly





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## Specialities across the group:

### Specialised Departments:

- Advanced Gynaecological Laparoscopic Surgery
- Aesthetics & Dermatology
- Aesthetic, Regenerative & Functional Gynaecology
- Anaesthesiology
- Audiology
- Back Pain Management
- Cardiology
- Dental Services
- Dietetics & Nutrition
- Diving Medicine
- ENT (Ear, Nose, and Throat)
- Endocrinology
- Gastroenterology
- General Surgery & Bariatric Surgery
- General Practice (GP) & Emergency Medicine
- Genetic Testing
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynaecology
- Ophthalmology
- Orthopaedics

- Paediatrics
- Pathology & Laboratory
- Physiotherapy
- Podiatry
- Psychiatry
- Pulmonology
- Traditional Chinese Medicine
- Urology
- Vascular Surgery

### Advanced Diagnostics:

- **Cardiac Diagnostic:** ECG, TMT, Holter, 24 Hour BP Monitoring, and Echocardiogram
- **CT Scan:** 160-slice and a lower exposure dose. CT Coronary Angiogram (Cardiac CT)
- **MRI:** Advanced Intelligent Clear-IQ (AiCE) body imaging solutions provides deep learning and reduced noise for sharp, clear, and distinct images.

### Acute Care Departments:

- Intensive Care Unit (ICU)
- Neonatal Intensive Care Unit (NICU)
- **Radiology:**
  - Mammography
  - Ultrasound
  - X-Ray

**Operating Theatres complete with high-end support systems**

**24/7**

**Emergency Services Walk-in Clinic MRI & CT Scan Services**

