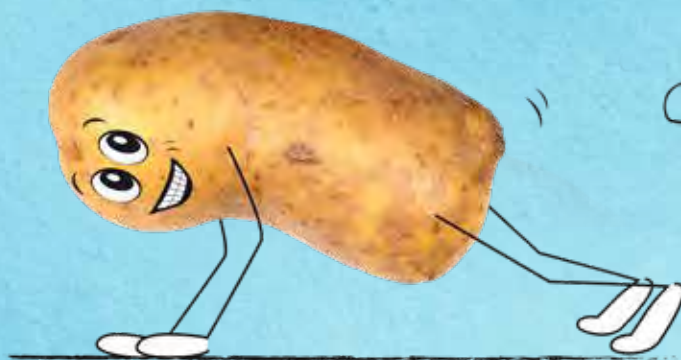


Things you should know about
Diabetes



Scientists believe that

Type 2 Diabetes could be more aggressive in children and adolescents

+



Type 2 diabetes usually happens in adults and children who:

- Have high body weight
- Do not do enough physical activity
- May have other family members with diabetes
- Suffer from high blood pressure



What can happen if you don't eat healthily and exercise enough?

If you have too much fat in your body and you do not exercise enough, you could be at risk of developing a disease called type 2 diabetes, especially if someone else in your family has this disease. People with this disease cannot use food properly to convert it into energy.

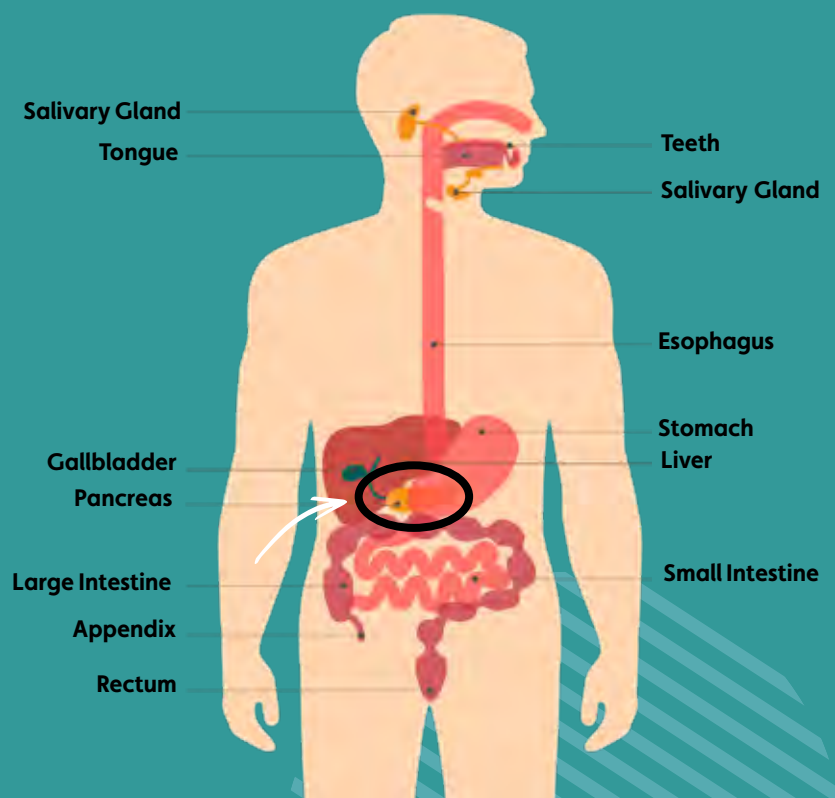
Healthy Metabolism

When you are healthy, the food you eat is broken down into sugar and is released into your blood. When your blood sugar goes up, it signals your pancreas, which is an organ in your body to release a hormone called insulin. Insulin acts like a key to open a door which lets the sugar in your blood enter inside your cells to be used as energy.

Do you know where the pancreas is in your body? See the picture beside. The circled area is where your pancreas is!

If you experience any of the following symptoms, you may have diabetes:

- Peeing often
- Thirsty all the time
- Feeling tired most of the time
- Losing weight quickly for no reason



There are two types of

diabetes

Type 1 diabetes accounts for

5–10%

of all diabetes in people.

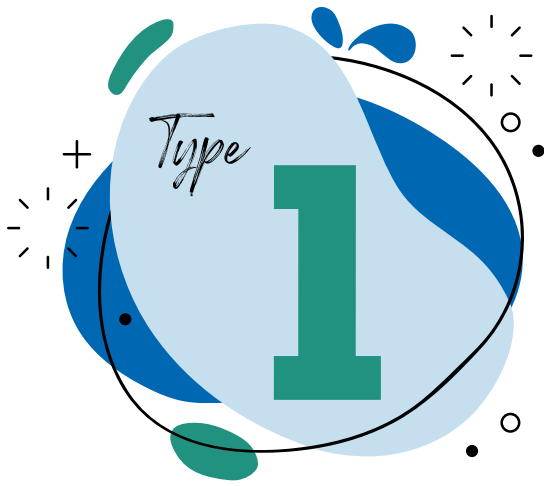
Type 1 diabetes is caused by an autoimmune reaction (that is the body cells attack themselves by mistake) that stops your body from making insulin.

Type 2 diabetes accounts for

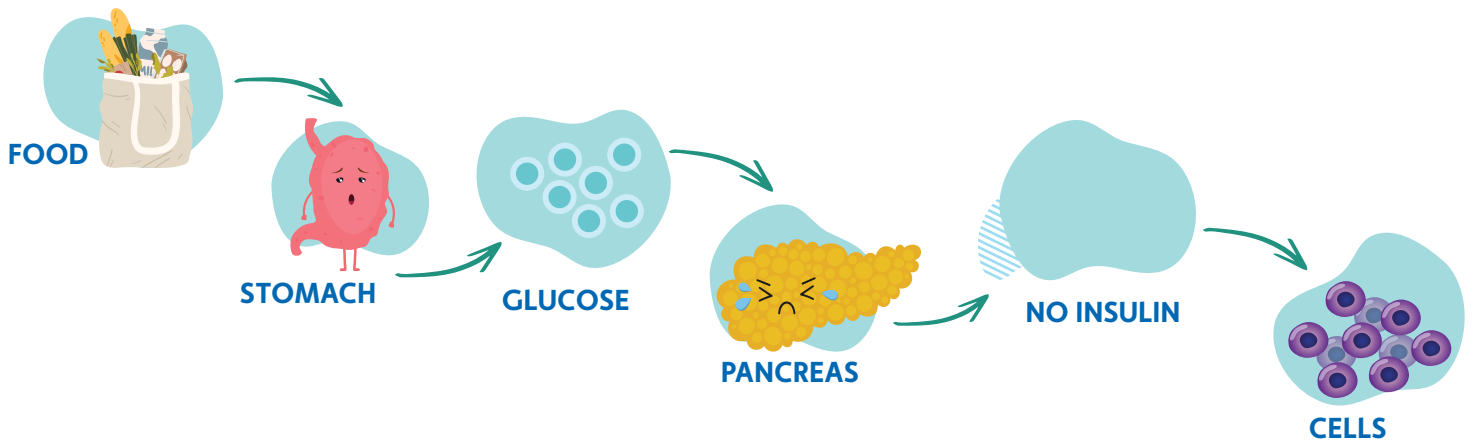
90–95%

of all diabetes in people.

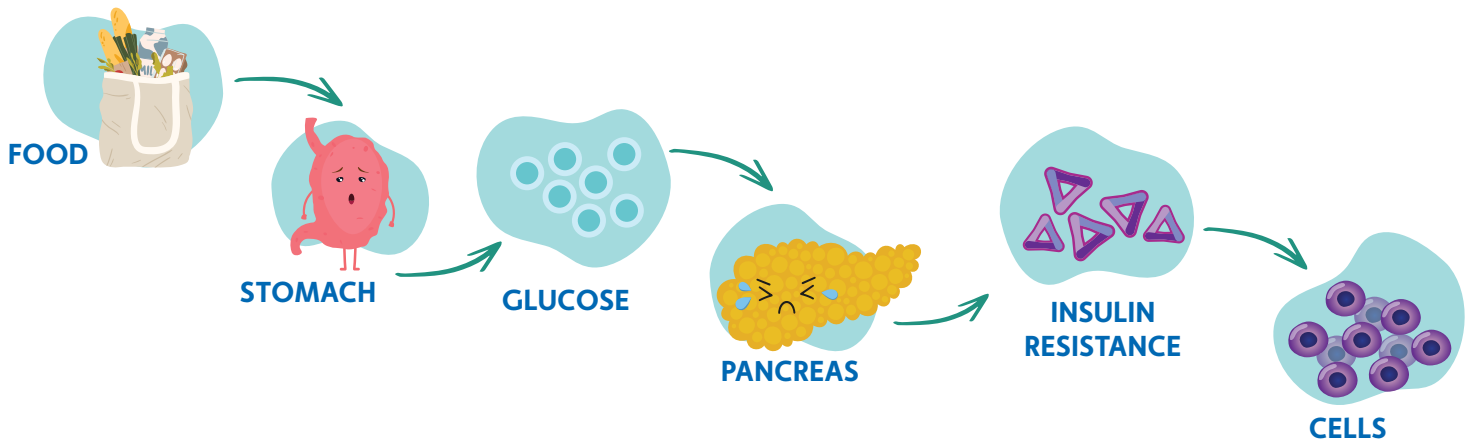
In type 2 diabetes, your body doesn't use insulin properly and can't keep blood sugar at normal levels.



Cells are unable to use glucose due to insufficient insulin



Cells are unable to use glucose due to insulin resistance



What comprises a Balanced Diet and how much food should you eat?

Our food is made up of three main nutrients:

- Carbohydrates
- fats
- proteins

It also contains other small nutrients such as vitamins and minerals. It is essential that a daily diet provides all of these nutrients in the right quantities especially for children and adolescents with diabetes.



Carbohydrates - Your body turns carbohydrates into glucose, which is the main source of energy for the brain and the body



Vitamins & Minerals - Regulate many body functions and keep the body healthy. E.g., Calcium keeps bones and teeth healthy



Proteins - Help growth and repair of body tissues



Fibre - Helps to manage blood glucose levels; keeps the gut healthy



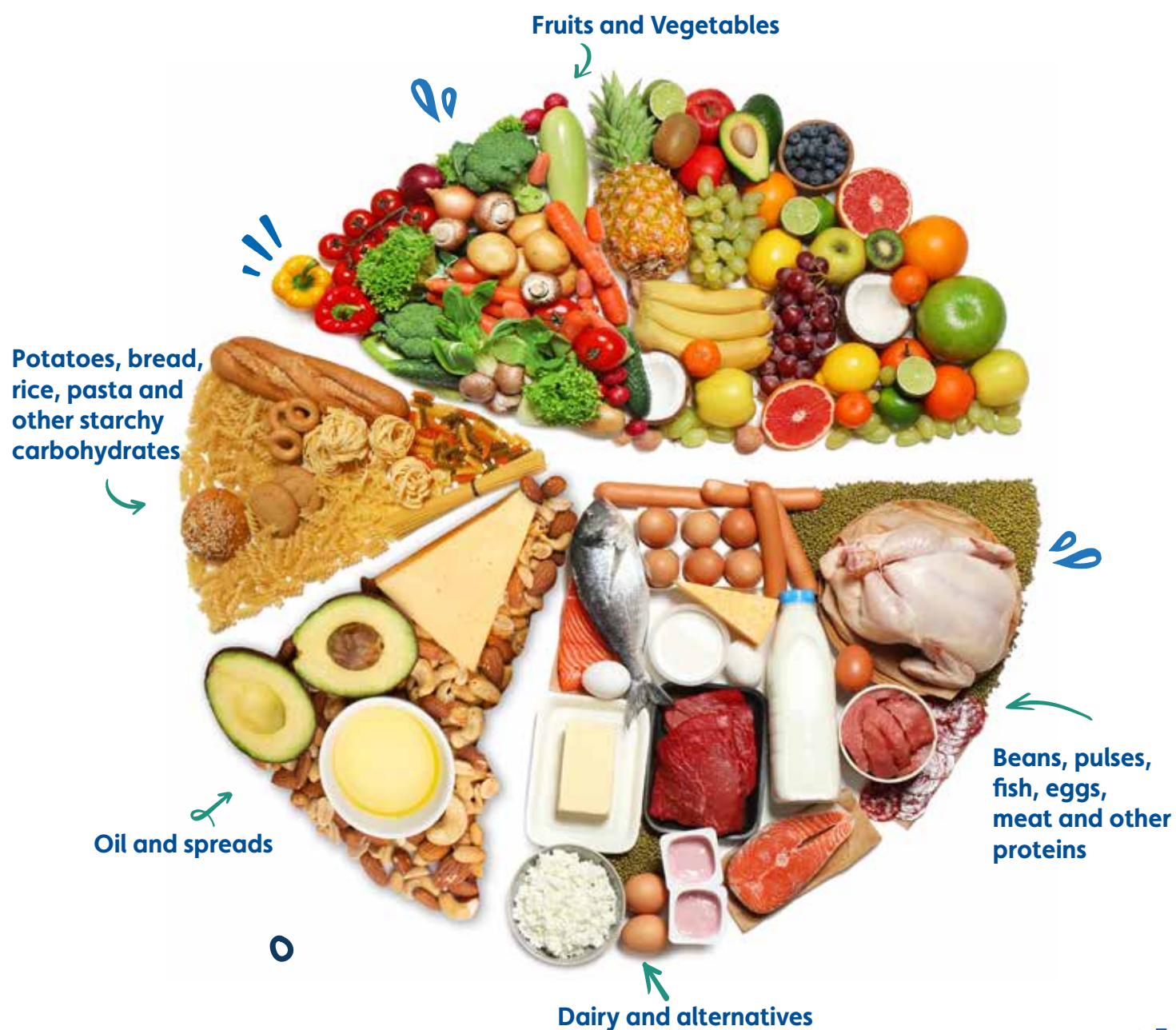
Fats - Provide energy for growth and physical activity



Water - Drinking lots of water helps the body stay hydrated

Take home messages:

- Eat at least 5 portions of fruits and vegetables daily
- Have more proteins in your diet
- Switch to wholemeal and high fibre substitutes
- Drink plenty of water (6-8 cups daily)



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What is a calorie?

The food we eat supply our bodies with calories, which give us the energy to live and stay healthy. However, if we eat too much food, the extra calories are stored in the body as fat. Just remember, your body does need some fat to be healthy but too much fat can cause health problems.

The calories we eat are burned when we exercise which is important for us to stay healthy.



How much exercise it takes to burn off calories in your favourite food?



How much sugar is in your favourite drink?

Consuming too much sugar is bad for health. Some sugar is worse than others and the sugar in soft drink is the worst for you.

Here we give you an idea on just how much sugar is in your favourite drinks:



To stay healthy and hydrated

you can drink a variety of beverages



**Drink plenty
of water**



**Drink plain
milk**



**Drink fresh
juice with no
added sugar**

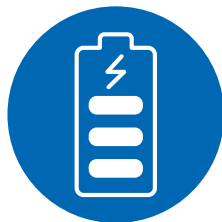


**Drink coffee
and tea
sometimes**

What is the importance of eating a healthy and balanced diet?



**Maintains blood
sugar levels**



**Provides
energy**



**Improves
concentration**





**Helps
you grow**



**Is vital for
mental health**

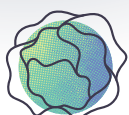


**Increases
happiness**

**Manger
sainement**



**Improves
immune system**



Get kids moving

It is necessary to find appropriate ways to keep your children active and fit.



**Have fun
gardening and
grow a plant**



**Get moving as a family
(try sega dancing for 15
minutes daily)**



**Get kids involved in
light house chores**

At CIDP, we provide support to patients with diabetes. If you
suspects your child has diabetes, please contact us on:
+230 401 2600



CIDP Mauritius

