

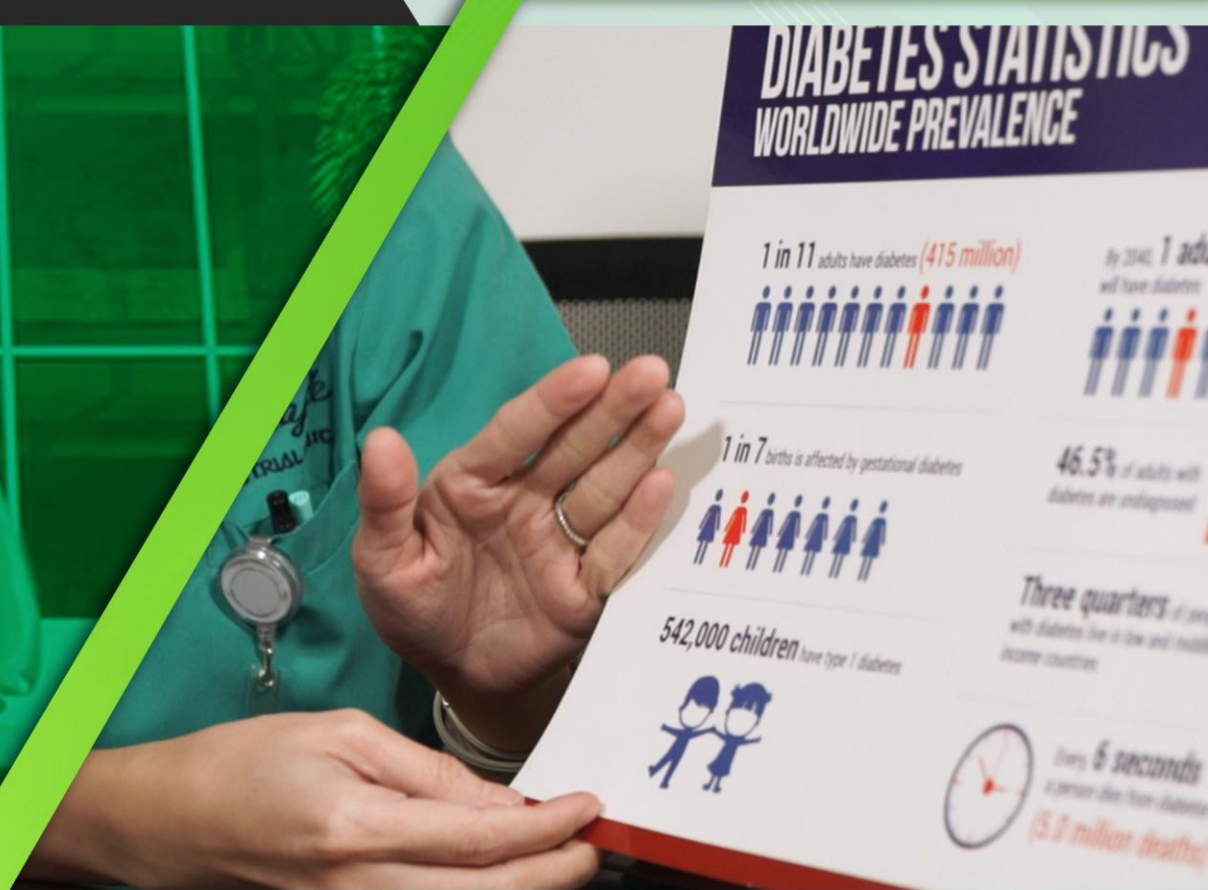


**DLSUMC**  
DE LA SALLE UNIVERSITY MEDICAL CENTER

Nurturing *your* health

# Diabetes

Education Center



SCAN TO INQUIRE  
ABOUT OUR SERVICES





**DLSUMC**  
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*Nurturing your health*



## WHAT IS DIABETES?

Diabetes Mellitus refers to a group of diseases that affects how your body uses blood sugar (glucose). If you have diabetes, it means you have high blood sugar level. It occurs when our body produces little or no insulin at all, or when your body does not respond properly to insulin. Insulin is a hormone made by the pancreas that allows the body to change sugar into energy.

The Philippines is one of the world's emerging diabetes hotspots. It has more than 6 million people diagnosed with the disease - and many still do not know they have diabetes.

## WHAT ARE THE SYMPTOMS OF DIABETES?

- Frequent urination
- Extreme thirst
- Rapid weight loss
- Unusual hunger
- Blurred vision
- Tingling or numbness of hands or feet
- Feeling very tired most of the time
- Very dry skin/skin itchiness
- Frequent skin infections



## WHAT ARE ITS COMPLICATIONS?

- Cardiovascular diseases (e.g. heart attack, stroke)
- Nerve Damage
- Kidney Failure
- Blindness
- Leg/Toe Amputation

## WHEN TO SEE A DOCTOR

- If you are a Filipino aged 40 years old and above (45 years old for other races)
  - If you have a first degree relative diagnosed with diabetes
  - If you suspect you or your family member may have diabetes
  - If you are overweight or obese
  - If you have already been diagnosed with diabetes
  - If you have Polycystic Ovary Syndrome
- After you receive your diagnosis, you will need close medical follow-up until your blood sugar levels stabilize.
- If you had gestational diabetes (diabetes in pregnancy), the earlier the condition is diagnosed, the sooner the treatment

**DISCLAIMER:** The information provided in this brochure is not intended nor implied to be a substitute for professional medical advice, diagnosis or treatment. Please consult with your healthcare provider for your specific needs.





## WHAT ARE THE RISK FACTORS FOR DIABETES?

History of borderline elevated blood sugar (pre-diabetes)



In pre-diabetes, blood sugar levels are slightly higher than normal, but still not as high as in diabetes.

Age



Risk increases as a person gets older, presumably because of less exercise, lost muscle mass, and weight gain.

Gestational diabetes



If you developed diabetes during pregnancy or delivered a baby over eight (8) pounds

Overweight/Obesity



About 50 percent of men and 70 percent of women who have diabetes are obese.

Sedentary lifestyle



Lack of exercise and physical movement increases incidence of diabetes.

Family history



Your risk increases if a parent or sibling has diabetes.

Polycystic ovary syndrome



This condition is characterized by irregular menstrual periods, excess hair growth, and obesity.

High blood pressure



Untreated high blood pressure has been linked to the development of diabetes and abnormal cholesterol (lipid) levels



Low HDL "Good Cholesterol" and/or high triglycerides

## COMPREHENSIVE DIABETES EDUCATION MODULES

- Module 1 - Diabetes Mellitus Lecture
- Module 2 - Medical Nutrition Therapy
- Module 3 - Diabetes in Pregnancy
- Module 4 - Principle of Preventive Foot Care
- Module 5 - CBG Monitoring, Insulin Therapy and Hypoglycemia Precautions

Sources: [www.idf.org](http://www.idf.org), [www.who.int](http://www.who.int), [www.mayoclinic.org](http://www.mayoclinic.org), [www.businessmirror.com.ph](http://www.businessmirror.com.ph), <https://www.drugs.com/health-guide/pre-diabetes.html>

## Enjoy exclusive privileges and discounts Be a member of the DLSUMC



- Enjoy exclusive discounted prices of glucose meters, strips, insulin, insulin pens, insulin syringes or needles & food products for diabetics. (Prescription should be presented upon purchase only at the Diabetes Education Center.)
- Free monthly lay forum about Diabetes Mellitus.\*

### Requirements for membership\*

- Endorsement by a DLSUMC Consultant or Resident Doctor
- Proof of use of any hospital service:
  - Latest Laboratory exams & prescription (photocopy)
  - Official Receipt of at least one (1) education module under Diabetes Education Center
  - 2x2 ID picture with white background (2 pcs.)
- Membership fee of P150.00 and annual dues of P50.00
- Membership form properly filled out and signed by the patient

\*subject to change without prior notice.



### DE LA SALLE UNIVERSITY MEDICAL CENTER DIABETES EDUCATION CENTER

Corporate Clinical Services, 3<sup>rd</sup> Floor, Medical Arts Center  
Governor D. Mangubat Avenue, City of Dasmariñas, Cavite  
Cavite line: (6346) 481-8000 loc. 1344 • Manila line: (632) 8988-3100 loc. 1344  
Operating Hours: Monday-Friday, 8AM-5PM  
[www.dlshi.edu.ph/dlsumc](http://www.dlshi.edu.ph/dlsumc)

