

DIABETES Type II -Prevention and Treatment summarized



1. Introduction

During the past few months, we have looked at the effect of diabetes to the major organs and blood vessels, for March we are going to summarize the prevention and treatment strategies for this common disease.

2. Prevention

You should:

- ✓ Eliminate sugar and refined carbohydrates from your diet.
- ✓ Reduce starches like Bread, Rice, Phaletshe and Mabele
- ✓ Exercise regularly
- ✓ Drink water as your main beverage- very important here in Sowa where we have very hot and dry climate.
- ✓ Lose weight if you are overweight (BMI above 25) or obese (BMI > 30).
- ✓ Quit smoking, as smoking and Diabetes work together to narrow your arteries.
- ✓ Test your sugar level at least once a year if you have a family history of Diabetes.

3. Treatment

As mentioned before, the aim for controlling Diabetes is a HB1Ac of 7 % or less, together with the above-mentioned interventions we have the following medication to treat type 2 Diabetes:

- ✓ Oral Medications like Metformin, Sulfonylureas, Thiazolidinediones, DPP-4 inhibitors, SGLT2 inhibitors and Glucosidase inhibitors.
- ✓ Once control cannot be achieved with 3 types of oral medications, we have to change to injectable insulins like Actrapid, Levemir and Lantus. This is not a very popular choice but remains the mainstay of Diabetic treatment when oral medications fail.

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Company Medical Doctor

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Date