



UNION ASSURANCE
Suwamaga
Prevent Diabetes. Enrich Well-Being.

FIGHT DIABETES THE DIABEATER WAY

DIABEATER HAND BOOK

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You are Stronger than Diabetes

As a Diabeater, you have chosen to rise above the threat of diabetes, taking charge of your health, making smarter choices, and staying one step ahead. Being a Diabeater is about strength, resilience, and the commitment to living a healthier life.

This handbook is here to help you on that journey. From understanding symptoms to prevention and effective management, it's packed with expert insights sourced from the International Diabetes Federation and the Diabetes Association of Sri Lanka. With the right knowledge and action, you can take control and move forward with confidence.

Join the movement.
Stay strong. Be a Diabeater.



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What is Diabetes?

Diabetes is a chronic condition that occurs when the body is unable to effectively regulate blood sugar (glucose) levels due to insufficient insulin production or the body's inability to use insulin properly. Insulin is a hormone produced by the pancreas that helps glucose enter cells to be used as energy.

Without proper management, high blood sugar levels can lead to serious health complications affecting the heart, kidneys, nerves, and eyes.

Diabetes in Sri Lanka

- Over 1 in 10 Sri Lankans is living with diabetes, with numbers rising due to unhealthy lifestyles.
- Nearly 50% of people with diabetes remain undiagnosed, increasing the risk of severe complications.

(Source: Diabetes Association of Sri Lanka)



Types of Diabetes

There are three main types of diabetes



Type 1 Diabetes

- An autoimmune condition where the immune system mistakenly attacks insulin-producing cells in the pancreas.
- Typically diagnosed in children and young adults.
- Requires lifelong insulin therapy.

Type 2 Diabetes

- The most common form, where the body becomes resistant to insulin or does not produce enough.
- Often linked to unhealthy eating habits, obesity, and lack of physical activity.
- Can be prevented or delayed with lifestyle changes.

3 Gestational Diabetes

- Develops during pregnancy and usually disappears after childbirth.
- Increases the risk of developing Type 2 diabetes later in life.
- Can lead to complications for both mother and baby if not managed properly.

(Source: International Diabetes Federation)

Recognizing the Symptoms

Early detection is crucial to managing diabetes effectively.
Common symptoms include:



FREQUENT
URINATION



EXTREME THIRST
AND HUNGER



SUDDEN
WEIGHT LOSS



BLURRED
VISION



FATIGUE



SLOW-HEALING
WOUNDS



TINGLING OR NUMBNESS IN
HANDS AND FEET

If you experience any of these symptoms, consult a doctor for a diabetes screening test.



Who is at Risk?

You may be at higher risk if you:

- Have a **family history** of diabetes
- Are **overweight** or **obese**
- Lead a **sedentary lifestyle**
- Have **high blood pressure** or **cholesterol**
- Have a **history of gestational diabetes**
- Are **over the age of 40**



You CAN prevent Type 2 Diabetes!

Healthy Eating

- Choose whole grains, fruits, vegetables, and lean proteins.
- Reduce sugar, processed foods, and trans fats.
- Stay hydrated and avoid sugary drinks.



Physical Activity

Aim for at least 150 minutes of moderate exercise per week (e.g., brisk walking cycling).



Weight Management

- Losing 5-10% of body weight can significantly reduce diabetes risk.
- Regular Check-ups.
- Annual screenings can detect diabetes early and help prevent complications.



Managing Diabetes

1. DIET AND NUTRITION

A balanced meal plan is key to keeping blood sugar levels stable.

Follow the Plate Method:

- $\frac{1}{2}$ plate: Non-starchy vegetables (greens, carrots, tomatoes).
- $\frac{1}{4}$ plate: Lean protein (fish, chicken, tofu).
- $\frac{1}{4}$ plate: Whole grains (brown rice, quinoa).



2. Physical Activity

Exercise lowers blood sugar and improves insulin sensitivity. Even small daily movements like taking the stairs or walking after meals help!



3. Medication and Insulin

- Type 1 diabetes requires daily insulin injections.
- Type 2 diabetes may need oral medications or insulin if lifestyle changes are not enough.
- Never skip medication without consulting your doctor.



Complications of Uncontrolled Diabetes

Without proper management, diabetes can lead to serious health problems:

- **Heart Disease** – Increases the risk of heart attacks and strokes.
- **Kidney Damage** – Can lead to kidney failure and dialysis.
- **Nerve Damage** – Causes pain, numbness, and infections.
- **Eye Problems** – Can result in blindness (diabetic retinopathy).
- **Foot Complications** – Poor circulation may lead to amputation.

Early detection and proper management can prevent these complications!

The Importance of Regular Screening

Regular health check-ups can detect diabetes early and prevent complications.

Recommended Tests:

- **Fasting Blood Sugar Test**
- **HbA1c Test (3-month average blood sugar level)**
- **Cholesterol and Blood Pressure Check**

If you are at high risk, get tested every year!

Lifestyle Tips for a Healthier Future

- **Stay Active:** Make exercise a daily habit.
- **Mindful Eating:** Control portion sizes and eat more fibre.
- **Stay Hydrated:** Drink plenty of water.
- **Quit Smoking & Limit Alcohol:** Both increase diabetes risk.
- **Reduce Stress:** Practice meditation, yoga, or deep breathing.



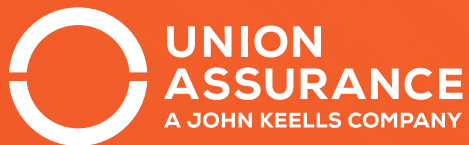
Keep Fighting, Keep Winning

Being a Diabeater means never backing down. It means choosing strength over fear, knowledge over doubt, and action over hesitation. Every step you take towards a healthier lifestyle is a victory. Every choice you make to stay ahead is a statement that you are in control.

This journey isn't just about managing diabetes. It's about thriving, conquering, and living life on your terms. Stay committed, stay empowered, and always remember that you are stronger than Diabetes.



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