



NEWSLETTER

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www.phoenixgrp.co.za
info@phoenixgrp.co.za

WORLD DIABETES DAY

World Diabetes Day (WDD) is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries.

The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.



WHY WORLD DIABETES DAY?

World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on **14 November**, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

The World Diabetes Day campaign aims to be the:

- Platform to promote IDF advocacy efforts throughout the year.
- Global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue

The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The theme for World Diabetes Day 2020 is **The Nurse and Diabetes**.



The Late Roxzanne Renè Samsodien & The Samsodien Foundation



Roxy passed on at the age of 26 years due to diabetes complications. The Samsodien Family founded the Samsodien Foundation NPO that is registered as a public benefit organisation in her honour. Visit the Foundation on the following platforms.

www.samsodien.co



WHAT CAUSES DIABETES

Diabetes is a group of diseases in which the body doesn't produce enough or any insulin, doesn't properly use the insulin that is produced, or exhibits a combination of both. When any of these things happens, the body is unable to get sugar from the blood into the cells. That leads to high blood sugar levels.

Glucose, the form of sugar found in your blood, is one of your main energy sources. A lack of insulin or resistance to insulin causes sugar to build up in your blood. This can lead to many health problems.

Type 1 & Type 2 Diabetes

Type 1 diabetes

Type 1 diabetes is believed to be an autoimmune condition. This means your immune system mistakenly attacks and destroys the beta cells in your pancreas that produce insulin. The damage is permanent.

What prompts the attacks isn't clear. There may be both genetic and environmental reasons. Lifestyle factors aren't thought to play a role.

Type 2 diabetes

Type 2 diabetes starts as insulin resistance. This means your body can't use insulin efficiently. That stimulates your pancreas to produce more insulin until it can no longer keep up with demand. Insulin production decreases, which leads to high blood sugar.

The exact cause of type 2 diabetes is unknown.



CONTRIBUTING FACTORS AND SYMPTOMS

Contributing factors may include:

- * Genetics
- * Being overweight
- * Lack of exercise
- * There may also be other health factors & environmental reasons

What are the symptoms?

General symptoms of diabetes include:

- * excessive thirst and hunger
- * drowsiness or fatigue
- * blurred vision
- * frequent urination
- * dry, itchy skin
- * slow-healing wounds

Type 2 diabetes can cause dark patches in the folds of skin in your armpits and neck. Since type 2 diabetes often takes longer to diagnose, you may feel symptoms at the time of diagnosis, like pain or numbness in your feet.

Type 1 diabetes often develops more quickly and can cause symptoms like weight loss or a condition called diabetic ketoacidosis. Diabetic ketoacidosis can occur when you have very high blood sugars, but little or no insulin in your body.

Symptoms of both types of diabetes can appear at any age but generally, type 1 occurs in children and young adults. Type 2 occurs in people over the age of 45. But younger people are increasingly being diagnosed with type 2 diabetes due to sedentary lifestyles and an increase in weight.





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SOURCE

<http://worlddiabetesday.org/about/>

<https://www.healthline.com/health/diabetes/types-of-diabetes#symptoms>

www.phoenixgrp.co.za | info@phoenixgrp.co.za

010 443 9734