

Diabetes – Learn About the Growing Threat!

The World Health Organization, WHO, reported in 2000 that more than 170 million people worldwide are suffering from diabetes – 2.8% of the world's population. However, this number is increasing daily, resulting in an estimated doubling of diabetic patients by the year 2030.

While diabetes (especially type 2) is currently more prevalent in developed countries than in developing countries, the greatest increase in future prevalence is expected to occur in developing countries of Africa and Asia, where the largest numbers of diabetes patients will be found in the year 2030. This increase will largely be due to increased urbanization and the changes in life style of the population, including the adoption of 'Western-style' eating habits and changes in their inherit diet.

The word 'diabetes', which is derived from the Greek, means 'one that straddles', or specifically, 'a compass siphon' – whereas 'siphon' gave rise to the name 'diabetes', describing the excessive amount of [sweet] urine that is discharged in the context of the disease. It was only in the late 19th century that the role of the pancreas had been identified with the development of diabetes, while insulin as the lacking substance in the disease process was discovered in 1910. Prior to the first anti-diabetic drugs which were developed in 1942, diabetes was equal to a death sentence with limited parole.

And even today, untreated diabetes or diabetes that has been diagnosed in its late stages, still carries a frighteningly high mortality rate. Thus, it is of utmost importance to be aware of the disease, and to know and recognize the first signs and symptoms in the development of diabetes, when it can still be kept under control or treated successfully for a long period of time.

This workshop is intended to bring basic knowledge of the rising threat of diabetes in a style that can be understood by every man and woman who could potentially become its next 'victim'.

The workshop outline is as follows:

1. What is diabetes?
2. The basic forms of diabetes – type 1 and type 2.
3. Glucose and Insulin – its needs and interdependence.
4. Can I get diabetes – how?
5. Good food – bad food.
6. Why is diabetes bad – what does it do to my body?
7. Diabetes and high blood pressure – an undesirable 'union'.
8. Hyperglycemia treatment with diet and medication.
9. Hypoglycemia – how does that happen?
10. Diabetes in pregnancy.
11. Life with diabetes.