



WORLD DIABETES DAY 8 MONTH CHALLENGE

14 November 2021

TAKE 8 AS IT IS NEVER TOO LATE! WHY NOT TAKE OUR 8 MONTH DIABETES CHALLENGE?

The Diabetes challenge will run from March until November thereafter we will do a follow up check to see how you have met your goals. In the next eight-month period, we will focus on and share aspects of diabetes reversal and control.

We encourage all our Residents to get their blood sugar checked with the nurse at the Evergreen Health clinic or in the comfort of your own home. It is best to do your check before breakfast on an empty stomach.

The cost is **R35.00** that will be charged back to your levy account.

Diabetes mellitus, commonly known as diabetes, is a **metabolic disease that causes high blood sugar**. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it does make.

Untreated high blood sugar from diabetes can damage your nerves, eyes, kidneys, and other organs.

The general symptoms of diabetes include:

- Increased hunger
- Increased thirst
- Weight loss
- Frequent urination
- Blurry vision
- Extreme fatigue
- Sores that don't heal

Complications associated with diabetes include:

- Heart disease, heart attack, and stroke
- Neuropathy
- Nephropathy
- Retinopathy and vision loss
- Hearing loss
- Foot damage i.e. infections and sores that doesn't heal
- Skin conditions such as bacterial and fungal infections
- Depression
- Dementia