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Diabetes Prevention



What are factors cause diabetes?

1. Genes

Genes is one of the factors cause diabetes where the possibility reach 3% and may be 10% if one of the family members and the parents are diabetics. If the parents are diabetic this ration may increase to 30-50%.



2. Obesity

Obese people may develop diabetics symptoms, particularly individuals with genetical aptitude.



What are factors cause diabetes?

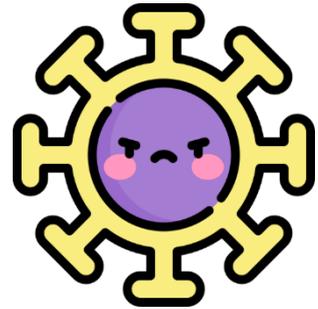
3. Inactive life

Inactive daily life practices lead to accumulation of fats and sugar in blood. Thus, your daily activity must be suitable to type of the food you take.



4. Some diseases

Some viral diseases and inflammation may affect the pancreas resulting in endocrines and diabetics.



What are factors cause diabetes?

5. Pregnancy

Some ladies are susceptible for diabetes symptoms during pregnancy for the placenta secretes a hormone counter to insulin. This results symptom might be temporary or permanent in some cases.

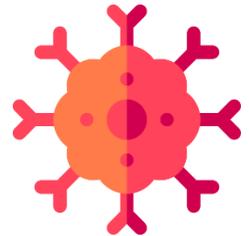


6. Some diseases

Some diseases as pancreas tumors might cause diabetes.



7. Exposure to continuous psychological tension.



What are the precautions to save yourself from diabetes?

To reduce the ration of incidence be aware of the above-mentioned factors, especially for people susceptible to diabetes by following the instructions below:

1. Avoid overweight or obesity: obesity leads to inefficiency of insulin work and amount. It also increases the possibility of the 2nd type. To avoid obesity, you need:

- Reduce weight if it is higher than the normal range.
- Follow a diet with counting quantities and times of meals.



What are the precautions to save yourself from diabetes?

1. Avoid overweight or obesity:

- Reduce and balance the intake of starchy and sugary foods.
- Reduce sugar content in tea and coffee as much as possible.
- Do not drink soda and reduce drinking juices.
- Eat bread, rice, and pasta in moderate amounts
- Increase intaking of fiber-containing foods, such as vegetables, wheat bran, and brown bread.

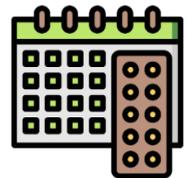
What are the precautions to save yourself from diabetes?

2. Regular sport and physical activity, such as:

- Running and regular walking
- Organizing your house garden
- Do your daily house works
- Air sport like tennis or swimming



3. Avoid drugs might cause diabetes such as: anti-pregnancy, cortisone. and always see your doctor advice before using any medicine.



What are the precautions to save yourself from diabetes?

4. Avoid factors assist in blood vessels sclerosis as:

- Hypertension
- Smoking
- High cholesterol



5. Avoid stress and psychological tension by

following simple life without complications with meditation and activities practice. **Be Known for hereditary factors** and run regular medical check.



6. Follow all the preventive procedures for the pregnant woman under supervision of a specialized physician.



Sources and References:

American Diabetes Association, ADA

Review and Audit:

The content of this booklet is reviewed by
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Health Awareness Unit

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