

Check My vitals

Factsheet

Factsheet: Diabetes, Hypertension, and Obesity



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Produced by Check My Vitals

Diabetes



Diabetes is a chronic condition characterized by high blood sugar levels (WHO, 2023). There are two main types: type 1 and type 2. If left unmanaged, diabetes can lead to severe complications such as blindness, kidney disease, stroke, heart attack, and lower limb amputation.

Symptoms:

- Increased thirst and urination
- Blurred vision
- Fatigue
- Rapid weight loss

Prevention:

- Maintain a healthy body weight
- Engage in regular physical activity (at least 30 minutes per day)
- Follow a balanced diet low in sugar and saturated fats
- Avoid alcohol and smoking

Treatment:

- Get tested for diabetes
- If diagnosed, make lifestyle adjustments, including regular exercise and a healthy diet
- Consult with your doctor or attend a diabetic clinic

Hypertension



Hypertension, also known as high blood pressure, is a condition where the pressure in the blood vessels is unusually high, leading to serious health problems (NHS, 2023). If left uncontrolled, it can lead to heart disease, heart attacks, strokes, heart failure, kidney disease, dementia, and peripheral artery disease.

Symptoms:

- Severe headaches
- Chest pain
- Dizziness
- Blurred vision
- Anxiety and confusion

Prevention:

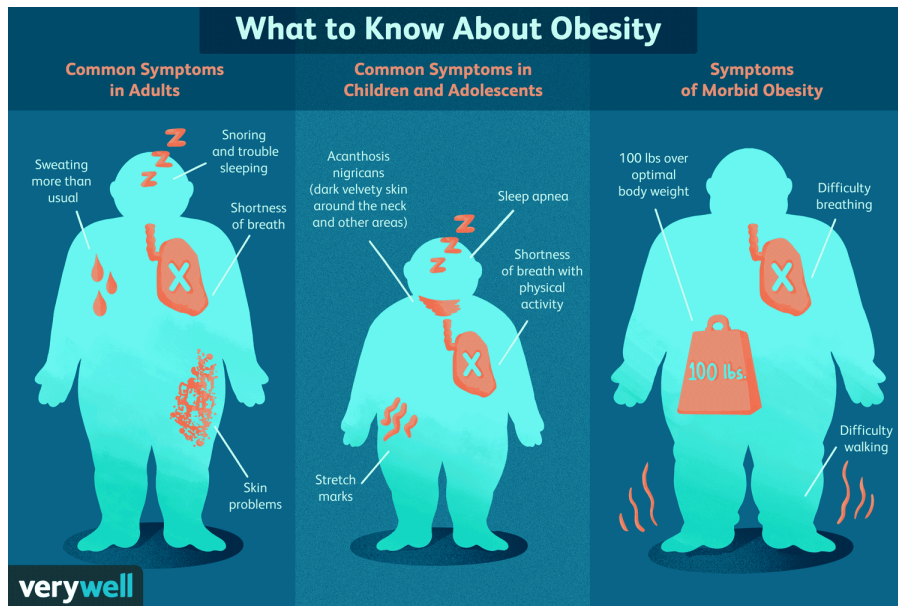
- Maintain a healthy weight

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- Limit salt intake
 - Eat a balanced diet rich in vegetables
 - Avoid excessive alcohol consumption and smoking
 - Manage stress levels
 - Engage in regular physical activity
 - Get regular check-ups if you are over 65 years old

Treatment:

- Lifestyle changes
- Consult with your doctor or attend a nearby clinic for monitoring and medication if necessary

Obesity



Obesity is a condition where a person has an excessive amount of body fat (Mayo Clinic, 2023). It increases the risk of developing serious health problems, including heart disease, strokes, type 2 diabetes, certain cancers, digestive problems, sleep apnea, osteoarthritis, hypertension, and fatty liver disease.

Obesity-related problems:

- Breathlessness
- Increased sweating
- Snoring
- Difficulty with physical activity
- Fatigue
- Joint pain

Causes of obesity:

- Consuming foods high in fat and sugar
- Genetic factors
- Certain medical conditions (e.g., hypothyroidism) and medications

Treatment:

- Follow a calorie-controlled balanced diet
- Engage in regular physical activity (at least 2.5 to 5 hours per week)
- Consult with your doctor or clinic for personalized advice

To watch videos educating about all of was discussed click the links below:

[Diabetes](#)

[Diabetes](#)

[Obesity](#)

[Obesity](#)

[Hypertension](#)

[Hypertension](#)

Remember, early detection and prevention are key to managing these conditions. Get tested and take control of your health today!