



**M.P. SHAH HOSPITAL**  
A Legacy of Care

# DIABETES MELLITUS

## WHAT IS DIABETES MELLITUS?

Diabetic Mellitus is a chronic disease characterized by insufficient insulin or inefficient use of insulin by the body.

## TYPES OF DIABETES MELLITUS

- Type 1- Deficiency of insulin
- Type 2- Insulin resistance and impaired insulin production
- Gestational diabetes mellitus - occurs during pregnancy

## DO I HAVE DIABETES COMPLICATIONS?

### i. Low blood sugar (hypoglycemia)

Causes:

- Excess use of diabetic medication
- Increased physical activity
- Delayed meals and omitted snacks

**Signs and Symptoms;** sweating, cool moist skin, tremor, palpitation, hunger and nervousness.

### ii. High blood sugar (hyperglycemia)

Cause:

- Low insulin levels

**Signs and Symptoms;** fatigue, weakness, loss of vision, dry mouth and decreased level of consciousness.



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## WHEN DO I MONITOR MY SUGAR?

My home care.

- Before meals and at bedtime – blood sugar should be between 7.8-10 mmol
- Always remember to keep a good record of your findings
- HbA1c – this test shows the average blood glucose over 3 months

## MY MEDICATIONS

### INSULIN

#### STORAGE

- Store unused, unopened in the fridge between +20C - +80C. Open not-in-use insulin should be stored in the same temperature specs for one month.
- Insulin in use should be kept at room temperature not exceeding 30C.

#### SELF ADMINISTRATION

- Cloudy insulin mix by gently inverting the insulin vial or by gently rolling on both palms.

**NB:** Discard any insulin that is white and frothy.

#### WHERE DO I INJECT MY INSULIN?

In order of fast absorption;

- Abdomen
- Arm
- Thigh
- Buttocks

#### HOW DO I ADMINISTER MY INSULIN?

1. Pinch skin
2. Direct needle at 90 degree angle
3. Inject the insulin and count 5 seconds
4. Release and DO NOT rub.

**NB:** Remember to always rotate the injection sites.



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## IMPORTANT POINTERS I SHOULD KNOW?

### 1. Oral medication

Take as prescribed by the doctor and after meals.

### 2. Physical activities

One should do exercises about 30 minutes a day, 5 days a week because it makes the blood sensitive to insulin i.e. swimming, walking, dancing and jogging.

### 3. Nutrition

Eat healthy regular meals, most inclusive of fruits, vegetables and whole grain.

### 4. Blood pressure

Always remember to monitor your blood pressure.

### 5. Weight loss

Aim of weight loss of 10% – to 15% with the inclusion of low carbohydrate, low-fat diet.

## REFERENCES

### National Diabetes Information Clearing House (NDIC)

- Insulin Resistance and Prediabetes (Online)

### Reaven GM. Insulin resistance, the insulin resistance syndrome and cardiovascular disease

- Panminersva Med 2005; 47:201-210

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