

World Diabetes Day 2018



Today, **14th November, 2018** the world celebrates World Diabetes Day. The day was first introduced in 1991 to raise awareness about diabetes: its causes, its prevention and the devastating effect it has on human lives and healthcare systems worldwide.

The theme for World Diabetes Day 2018 is **The Family and Diabetes**. The campaign is to raise awareness of the impact Diabetes has on the family and the main areas of focus are: Discover Diabetes, Prevent Diabetes and Manage Diabetes.

-**“Detecting diabetes early involves the family too.”** Discover diabetes via early testing of all members of the family.

- **“Preventing type 2 diabetes involves the family too.”** With a healthy lifestyle, type 2 diabetes can be prevented. All members of the family should adopt lifestyle modifications to a healthy lifestyle. Be physically active whether one is living with diabetes or not. **Universal Screening of Pregnant women for Diabetes protects the family by preventing poor pregnancy outcomes & future diabetes.**

- **“Caring for my diabetes involves my family too.”** Family support is key in the management of diabetes in the form of daily treatment, regular monitoring and continuous education. If you are living with Diabetes, please comply with your medication.

Plan to remain healthy! Take steps to remain healthy!

MWIA Communication Committee

November 14, 2018.