

World Diabetes Day

In 2018, World Diabetes Day falls on Wednesday 14th November. The purpose of this one day is to raise awareness of a condition that millions of people all around the world live with every day.

Essentially, diabetes is about the body's ability (or lack of it) to produce the required amount of a hormone called insulin to control glucose levels in the blood.

There are broadly two types of diabetes: Type 1 requires daily administration of artificial insulin by means of injection or insulin pump. Type 2 is more generally managed by a combination of dietary control and medication in the form of tablets.

It's very important that people with diabetes maintain good control of their condition to help reduce and avoid long term complications, and there have been huge advances in this area over recent years.

Information regarding childhood diabetes: [Juvenile Diabetes Research Foundation](#)

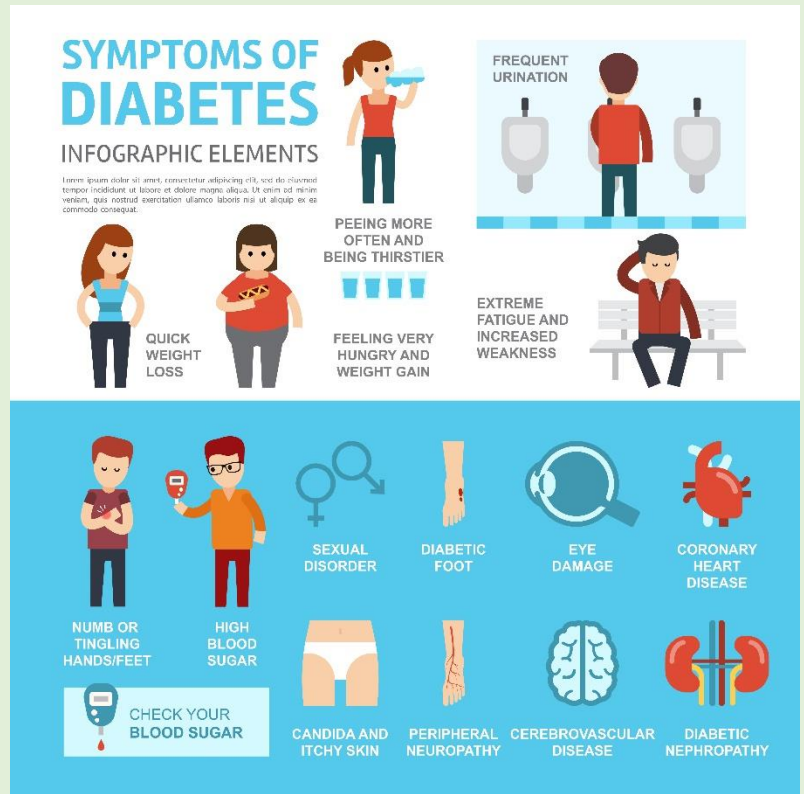
Type 1 diabetes can occur at any age. In type 1 diabetes, a person's pancreas produces little or no insulin. Insulin allows the body to process sugar to create energy, without insulin, the body literally starves as it cannot process food.



Type 1 diabetes symptoms can include:

- extreme thirst
- constant hunger
- sudden weight loss
- frequent urination
- blurred vision
- nausea
- vomiting
- extreme tiredness
- infections

If you think you or someone you know has these type 1 diabetes symptoms, call a doctor immediately, and drink fluids WITHOUT SUGAR to prevent dehydration.



DIETETICS

Need help understanding Diabetes or other conditions?
OSCAR Hospitality's Fact Sheets can be a great resource for your business.

Written by our expert dietitians, these informative guides are jam packed with knowledge specifically catered for your facility, including an overview of each dietary condition and suggested dietary replacements.

Resources:

<https://www.jdrf.org.au/>

<https://www.awarenessdays.com/awareness-days-calendar/world-diabetes-day-2018/>