

## How do you know if you have **Diabetes Melitus**?

Have main symptoms and / or additional symptoms

Have risk factors for DM

Examination of blood glucose levels

PEMERIKSAAN	SAMPEL DARAH	DM
Kadar glukosa darah sewaktu (mg/dL)	Plasma Vena	≥ 200
	Darah Kapiler	≥ 200
Kadar glukosa darah puasa (mg/dL)	Plasma Vena	≥ 126
	Darah Kapiler	≥ 100

### Notes

**Vena Plasma** : blood taken from larger and deeper blood vessels (usually by injection in the arm)

**Capillary Blood** : blood drawn from finer blood vessels (usually with a prick at the tip of a finger)

## What is **Diabetes Melitus** ?

Let's get to know diabetes mellitus



A chronic disease that is characterized by blood glucose levels that exceed the chronic normal value. The term blood glucose is often referred to as people with blood sugar.

## Symptoms of **Diabetes Melitus**?

### Main symptoms (classic)



### Additional symptoms



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# What to do if you experience **Diabetes Mellitus** symptoms?

Check your blood glucose level to:



integrated development post



first level health facilities (puskesmas, pratama clinic)



other health facilities such as hospitals



Health Laboratory



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## Risk factors for **Diabetes Mellitus**

### Unmodifiable risk factors

> 40 years old



Have a family history of DM

Pregnancy with high blood sugar levels



Mothers with a history of giving birth to a baby with a birth weight > 4 kg

Babies who have birth weight <2.5 kg



## Risk factors for **Diabetes Mellitus**

### Modifiable risk factors



Obesity (overweight / BMI > 23 kg / m<sup>2</sup>)

Lack of physical activity



Dyslipidemia (HDL cholesterol < 35 mg / dl, and triglycerides > 250 mg / dl)

History of heart disease



Hypertension / high blood pressure (> 140/90 mmHg)

Unbalanced diet (high in sugar, salt, fat and low in fiber)

