

AMBER HEALTH BITES



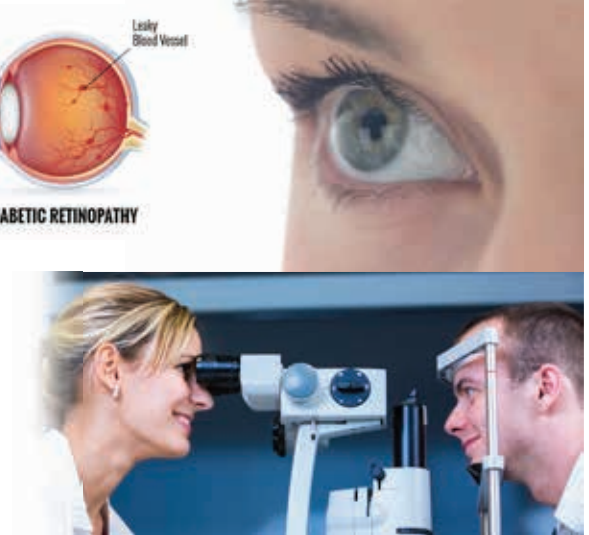
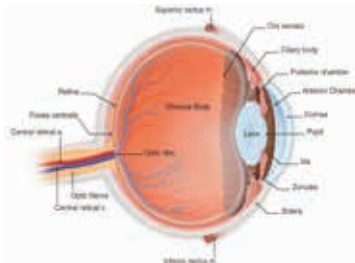
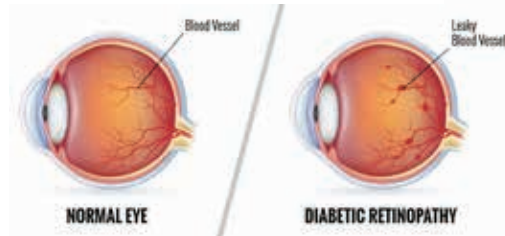
November 2017

DIABETES & HEALTHY EYES

High blood sugar levels in diabetes patients can damage the tiny blood vessels in the Retina. This can be harmful for your vision.

HOW CAN I HELP MYSELF ?

- ✓ Go for an **eye check every year**
- ✓ Control your **blood sugar** levels
- ✓ Control your **blood lipid** levels
- ✓ Control your **blood pressure**
- ✓ Stop **smoking**
- ✓ Get physically active and **exercise**



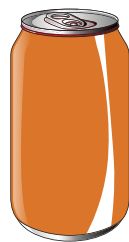
INTERESTING FACTS ABOUT DIABETES

DID YOU KNOW ?

Carbonated soft drinks and fast food are consumed in the UAE for more than **2.6 Billion Dirhams**

High **sugar intake** is one of the main drivers of **obesity**

Uncontrolled diabetes can lead to **blindness, stroke, kidney failure** and **limb amputation**.



How many teaspoons of sugar are in your can?

8.5

teaspoons

1 teaspoon = 4 grams

That reduction of **10% of body weight** already improves diabetes and reduces blood sugar levels and blood lipids

Diabetes patients attending patient education programs have **better outcome**, higher quality of life and **reduced HbA1c**

1 can of **coke a day for one year** teaspoons of sugar = **3,510** which is equal to:



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November 2017

Together we can Handle **DIABETES**



Diabetes is a chronic disease, and will accompany the patient for the rest of their life. Excellent quality of life can be maintained despite the disease if certain roles and principles are followed.

DO YOU WANT TO

- ✓ Achieve optimal **blood sugar** levels?
- ✓ Avoid complications like **blindness**, renal failure, nerve damage, diabetic foot?
- ✓ Avoid **side effects** of therapy (**hypoglycaemia**,...)
- ✓ Actively & self-responsibly **manage** your **diabetes** for the rest of your life



How to **lower your HbA1C** before your next appointment

JOIN OUR DIABETES EDUCATION PROGRAM

Our sessions will help you lay down measures for better dealing with the disease in daily life. You will learn interesting facts on:

- ✓ Living with Diabetes
- ✓ How Diabetes Works
- ✓ Healthy Eating and being Active
- ✓ Starting Insulin Treatment

All topics relevant for living with diabetes will be discussed in groups of eight Diabetes patients, moderated by an experienced diabetes nurse.

Our Diabetes Education Program was developed with the support of Lilly.

For more details please sign up for our monthly newsletter by visiting
www.amberclinics.com



Getting your **HbA1C test results** down to a healthy range won't happen overnight. **Joining our Education Program** can put you on the **right track** and help you achieve it faster

To download the app to your mobile, please search for "Amber Clinics" in App Store or Google Play Store



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A simple swab can **SAVE YOUR LIFE**

REAL TIME PCR TESTS FOR **SEXUALLY TRANSMITTED INFECTIONS**

What are **Sexually Transmitted Infections (STI's)** and how are they transmitted?

More than 30 different bacteria, viruses and parasites are known to be transmitted through sexual contact. Eight of these pathogens are linked to the greatest incidence of sexually transmitted disease. **Of these 8 infections, 4 are currently curable: Syphilis, Gonorrhoea, Chlamydia and Trichomoniasis.** The other 4 are viral infections and are incurable: Hepatitis B, Herpes Simplex virus (HSV or herpes), HIV, and Human papillomavirus (HPV).

Symptoms or disease progression can be reduced and modified through early detection and treatment.

A person can have an STI without having obvious symptoms of disease. Common symptoms of STIs include vaginal discharge, urethral discharge or burning in men, genital ulcers, and abdominal pain.

More than 1 million sexually transmitted infections (STIs) are acquired every day worldwide. In some cases, STIs can have serious reproductive health consequences beyond the immediate impact of the infection itself (e.g., infertility or mother-to-child transmission)



How can HPV-infection be prevented?

Vaccination

- ✓ Cervarix : prevents infection with HPV-Type 16, 18 (cancer)
- ✓ Gardasil : prevents infection with HPV-Type 16, 18 (cancer), and 6, 11 (genital warts)
- ✓ Gardasil 9 : prevents infection with HPV-Type 16, 18 (cancer), and 6, 11 (genital warts), plus 31, 33, 45, 52, 58 (high risk HPV-Types)

How effective is vaccination?

When given before exposure to the virus :

- ✓ Gardasil, Gardasil 9 and Cervirex almost 100% effective in preventing infection with HPV Type 16, 18
- ✓ Gardasil 9 additionally is 97% effective in preventing cervical, vulvar and vaginal diseases caused by HPV Type 31, 33, 45, 52, 58
- ✓ It is highly likely that someone exposed to HPV will still get some residual benefit from vaccination



An accurate diagnosis is vital for proper treatment. The **STI tests** can be requested as single assays or combined in different groups. Multiple pathogens can be detected in one **single test sample.**

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Ask **your Doctor** for further information about these tests

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