

The Antigua and Barbuda Diabetes Association is a non-profit non-governmental organization made up of persons living with diabetes, their family members and friends, health professionals and others with an interest in diabetes. ABDA was established in March 1986 mainly as a support group for persons living with diabetes. The association has membership in the International Diabetes Federation, IDF and the Diabetes Association of the Caribbean, DAC.

The mission of ABDA is to promote prevention, optimum care and treatment and to provide support for persons living with diabetes through education, health promotion, advocacy and partnerships with organizations which have similar goals.

ABDA holds meetings on the second Wednesday of every month at 5 p.m. downstairs the Ebenezer Methodist Church, St. Mary's Street.. The association organizes a programme of activities to raise awareness about diabetes, for World Diabetes Day which is observed annually on November 14.

Membership in ABDA is open to anyone with an interest in Diabetes.

Antigua and Barbuda Diabetes Association
PO BOX 3322
St. John's, Antigua

Introduction to Type II Diabetes Mellitus



PREVENTION ~ CARE ~ SUPPORT



Did you know :
Diabetes is the third leading cause of death in Antigua and Barbuda ?

What is Type II Diabetes Mellitus

Diabetes is a disease characterized by high blood sugar. Elevated blood sugars are typically caused by a insulin resistance and, sometimes, insufficient insulin production.

The body produces insulin to remove sugar from the blood and store it in the muscles and liver. The more sugar there is in the blood, the more insulin needs to be produced to remove it. If the body is forced to produce excessive amounts of insulin over a prolonged period of time, the body becomes resistant to the effects of insulin. This results in chronically high blood sugar.

High blood sugar (also known as hyperglycemia) damages the organs and blood vessels, putting you at risk of major complications such as heart attacks and strokes. Uncontrolled diabetes can lead to nerve damage in the feet (causing a tingling, burning or, numbness) and blindness. People with high blood sugar are also prone to kidney diseases.

Diabetes is a serious medical condition, especially when untreated.

Symptoms of Type II Diabetes Mellitus

- Excessive thirst
- Frequent Urination
- The need to wake up in the night to urinate
- Blurred vision
- Frequent infection (skin or urinary tract)
- Feeling of constantly being tired/fatigue
- Erectile dysfunction

If you suffer from any of these symptoms, talk with your physician. Do not ignore the signals your body is sending you! (Note: Some diabetics are asymptomatic)

Who is at risk for Type II Diabetes Mellitus?

- Those with relatives who have Type II Diabetes
- Those over the age of 40
- Those who are overweight or obese
- Those who do not engage in active exercise
- Those have a high degree of stress
- Those with an unhealthy diet
- Those with hypertension and/or high cholesterol
- Those who had diabetes during pregnancy

If you have diabetes

Diabetes is typically treated by insulin injections or the use of drugs which do one of the following:

- Increase insulin sensitivity
- Increase insulin production
- Decrease sugar absorption into the bloodstream

Diabetes can be easy to manage, discuss a longterm plan with your family doctor.

Be active in your diabetes management. Know what your target blood sugar values are and how you can reach them.

Join the Antigua and Barbuda Diabetes Association and come to our meetings and for more information!

