

# Kisii Eye Hospital: November 2020 Newsletter

## World Diabetes Day 14th November 2020

Diabetes is a major cause of blindness, kidney failure, heart attack, stroke and lower limb amputation. Healthy diet, physical activity and avoiding tobacco use can prevent or delay type 2 diabetes. In addition diabetes can be treated and its consequences avoided or delayed with medication, regular screening and treatment for complications.

### Theme: Nurses make the difference

The theme for World Diabetes Day 2020 is "The Nurse and Diabetes." The campaign aims to raise awareness around the crucial role that nurses play in supporting people living with diabetes.

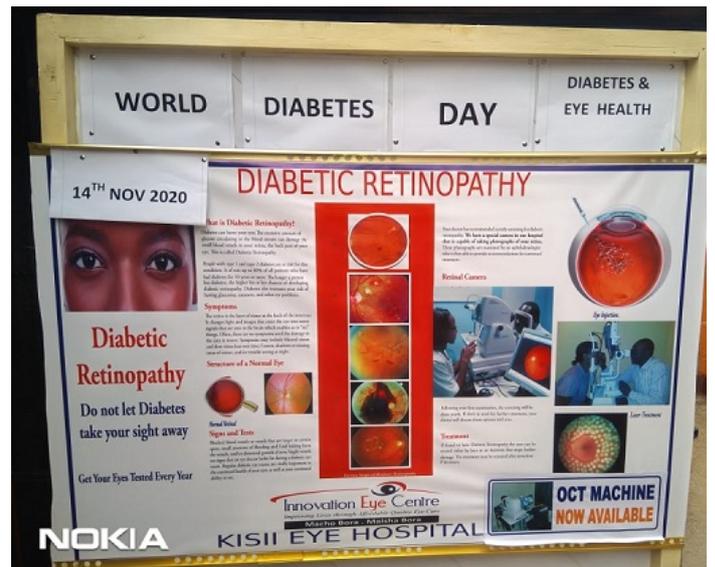
Nurses currently account for over half of the global health workforce. They do outstanding work to support people living with a wide range of health concerns. People who either live with diabetes or are at risk of developing the condition need their support too. People living with diabetes face a number of challenges, and education is vital to equip nurses with the skills to support them.

### What is Diabetic Retinopathy?

Diabetic retinopathy is an eye condition that can cause vision loss and blindness in people who have diabetes. It affects blood vessels in the retina (the light-sensitive layer of tissue in the back of your eye).

If you have diabetes, it's important for you to get a comprehensive dilated eye exam at least once a year. Diabetic retinopathy may not have any symptoms at first – but finding it early can help you take steps to protect your vision.

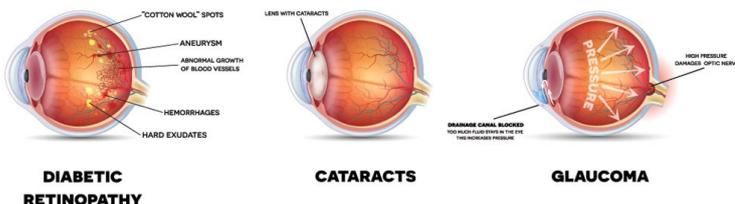
Managing your diabetes – by staying physically active, eating healthy, and taking your medicine – can also help you prevent or delay vision loss.



Patient Education and Awareness at the Hospital

### CHRONIC COMPLICATIONS OF DIABETES

#### EYE DISEASES



Commemorating World Diabetes Day at Kisii Eye Hospital

# Radio Talk Educating the Community on Diabetes and its Effects on the Eye



**KISII EYE HOSPITAL**



**DR. DAN KIAGE**

**WORLD  
DIABETES  
2020 day**

**13<sup>TH</sup>  
NOV  
8-9 PM**

Dr. Kiage will be presenting in a show on Kisii fm to talk about diabetes and eye health

**KISII FM**  
ENKA Y'OMOGUSII

KISII FM 94.1



Dr. Kiage giving a talk on Eye Health and diabetes at Kisii FM to commemorate World Diabetes Day



## Our Contacts

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