

# UHC HEALTH ALERT

**STARTS  
MAY  
2006**

## FREE SCREENING FOR DIABETES

In May 2006, UHC (Universal Health Care) will “test drive” a component of the planned UHC system using persons seeking medical attention for the “silent killer” Diabetes.

Ms. Emma Hippolyte, Chairperson of the Taskforce for the implementation of UHC says: “The pilot will help us see the planned UHC system actually at work and help us identify potential stumbling blocks that are to be addressed before full implementation of the programme.”

The Government of St. Lucia has approved the funding for the Pilot UHC Pharmaceutical Project for the FREE

screening and treatment of Diabetes. Diabetics who are also hypertensive will be treated for both diseases. The Pilot Project is expected to cost approximately EC\$3.1 million. The overall purpose of the Pilot Project is to effectively treat persons with Diabetes thus improving their health.

This means that the national formulary will be brought on stream, national clinical protocols for the treatment of diabetes and hypertension will be implemented; and health personnel will be trained in these protocols.



***The Promise of the UHC is for all St. Lucians to get full access to quality healthcare.***

### Special points of interest:

- There are some 20,000 persons with hypertension in St. Lucia and 8,000 with diabetes.
- Most persons do not know they have these killer diseases and usually seek treatment when it is already too late.
- Information is available from all health centres and hospitals.

## FREE SCREENING AND TREATMENT

All St. Lucians suffering from diabetes and hypertension will be treated. Diabetes is one of the main causes of mortality and morbidity and is the leading cause of death in St. Lucia. Hypertension is the fourth leading cause of death. It is estimated that there are 8,000 persons with diabetes in Saint Lucia and 20,000 persons with hypertension.

**Visit the UHC website: [www.stluciauhc.org](http://www.stluciauhc.org)**

Encourage your members and all St. Lucians to be Screened for **DIABETES. FREE**

### PILOT PROJECT WILL REGISTER MAJORITY OF ST. LUCIANS

*The Pilot Project aims at successfully treating 70% of the population suffering with Diabetes.*



*At present, only 20% of the population with diabetes and hypertension receive the treatment they need.*

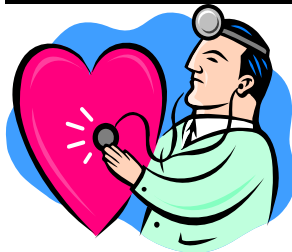
### HYPERTENSION

*When you suffer from high blood pressure, or hypertension, the force of blood against your artery walls is too strong. High blood pressure can damage your arteries, heart, and kidneys, and lead to atherosclerosis and stroke. Hypertension is called a "silent killer" because it does not have any symptoms unless it is severely advanced and, without your knowing it, causes major organ damage if not treated. Several factors increase your risk for high blood pressure, some of which are lifestyle issues which you can control. These include obesity and not being active or exercising, drinking alcohol (three drinks a day or more), eating alot of salty or processed foods, and not getting enough calcium, magnesium, and potassium in your diet.*

*Risk factors you can't control include a family history of high blood pressure, your race (being a person of African-descent increases your risk), and aging.*

**UHC:  
BETTER  
HEALTH  
FOR ALL**

### DIABETES



If you have diabetes, you will probably know that food is a major culprit in altering your blood sugar level. Your blood sugar is at its highest an hour or two after you eat. You can keep your blood sugar within target range and prevent diabetes complications by knowing what makes your blood sugar rise and fall. No matter what type of diabetes you have, by keeping a record of each blood sugar measurement you take, can help you spot patterns and anticipate potential problems that arise during your daily routine. Self-monitoring can help you learn how your blood sugar fluctuates throughout the day and how certain activities affect it, sometimes from hour to hour. You may be able to plan ahead for changes that can affect your blood sugar and adjust your diabetes treatment accordingly.

**ALL ST.LUCIANS  
ARE ELIGIBLE**