

Objective: To determine the extent of diabetes as a chronic disease in Kenya and relate it to incidences of blindness in the country.

Data source: Literature review from archives, hospital records, newspapers, peer reviewed journals and books.

Data selection: What do the experts say as reported in the journals and newspapers?

Data extraction: Journals, Archives, Ministry of Health, Hospitals, Newspaper reports.

Discussion: Healthy lifestyles and diet can help reduce diabetes. People with high risk of developing Type 2 diabetes can reduce their chances of getting the disease by up to 50 per cent if they loose as few as 4kg through exercise, for example.

Conclusion: Diabetes is characterized by increased blood glucose concentrations. These are regulated by a loop comprising two components, the insulin-secreting β -cells of the 2 pancreas and the insulin sensitive tissues such as the liver, muscles and adipose tissue which respond to insulin.