

REPORT DISEASE AND HEALTH HAZARD NEWS OF INTEREST ALONG THE BORDER

November 9 - 15, 2023

WEEKLY EVENTS

- On November 11, 2023, at 19:30, the border control checkpoint in Sadao received a report of a road accident, resulting in one fatality and five injuries. All individuals involved were citizens of Malaysia. The checkpoint authorities coordinated with the Malaysian health officials at the Bukit Kayu Hitam checkpoint to prepare for the transfer of patients and the deceased. This coordination was facilitated through the WhatsApp application used for communication between officials of both countries. The operations and document verification proceeded smoothly.
- On November 12, 2023, the World Vision Foundation of Thailand organized a training seminar for migrant health volunteers (MHVs) at the Ramakarndeem Hotel in Bangkok, supported by the World Health Organization Thailand. The 22 MHVs were from Bangkok and Pathum Thani. The objective was to equip volunteers with accurate information regarding disease prevention and control. Emphasis was placed on surveillance and management of the following key diseases: Avian Influenza and Dengue Fever. The aim was to empower MHVs to disseminate knowledge effectively within their respective areas of responsibility, particularly in the prevention and control of disease outbreaks.

DIABETES: KNOW IT TO PREVENT IT

According to the Department of Disease Control's Week 45 Disease Surveillance Report, (November 6-12, 2023), there were three deaths due to melioidosis reported in Kalasin, Phichit, and Uthai Thani. Two of these cases had diabetes, which is associated with increased mortality to various illnesses, not limited to melioidosis. The International Diabetes Federation (IDF) designates November 14 as World Diabetes Day each year. The 2023 theme is "Diabetes: Know your risk, know your response, be knowledgeable, and take action." The Department of Disease Control actively promoted World Diabetes Day 2023, by emphasizing access to diabetes information and encouraging behavioral changes to reduce the risk. The IDF Diabetes Atlas reported a significant global increase in the number of people with diabetes, reaching 537 million worldwide. This number has been estimated to rise to 643 million by 2073 and to 783 million by 2088. In Thailand, the situation of diabetes is continually worsening, with 300,000 new cases in 2023. In 2022, there were 3.3 million new cases, 150,000 more than in 2021. Screening data in 2023 indicated that 5 million people of the 22 million people aged 35 and above have not undergone diabetes screening. Individuals in this age group should undergo diabetes screening annually to ensure that blood sugar levels are less than 100 milligrams per deciliter. Early detection and prompt treatment help reduce the risk of severe complications and mortality.



RECOMMENDATIONS FOR OFFICIALS

Public health officials and local authorities are collaborating to provide information to the public regarding diabetes. They aim to educate people about the risk factors associated with diabetes, such as family history, obesity, excess weight around the waist, high blood pressure, unhealthy diet, lack of physical exercise, smoking, and alcohol consumption. Lifestyle modification is crucial for prevention. The guidelines from the Department of Disease Control include consuming a varied diet with an emphasis on vegetables, fruits, and various grains, reducing the intake of sweet, oily, and salty foods, engaging in regular exercise, ensuring 7-8 hours of sleep per day, and avoiding the risk factors. If individuals experience symptoms such as frequent urination, increased thirst, weight loss, slow-healing sores, itching, numbness, or tingling, it is advised to seek a medical diagnosis for proper and timely treatment.

INFORMATION COLLECTED AND ANALYZED BY

Multisectoral Capacity Development Program for Public Health Emergency Detection and Response in Border Areas

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Sources

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