

# DIABETES

**Diabetes** - Diabetes is a disease where blood sugar (glucose) levels are too high. Glucose comes from the food you eat and gives your cells the energy they need to work. Insulin is the hormone that helps sugar enter your cells and regulate sugar by helping it enter the cells

## Center for Disease Control (CDC) Facts

- 37.3 million US adults have diabetes, and 1 in 5 of them don't know they have it
- Diabetes is the 7th leading cause of death in the United States and the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness
- The number of adults diagnosed with diabetes has more than doubled over the past 20 years

## Types of Diabetes

- **Type 1 Diabetes** - your body does not make insulin
- **Type 2 Diabetes** - Your body does not use insulin well and cannot keep blood sugar at normal levels
- **Gestational Diabetes** - develops at any time during pregnancy in women who do not have it already
- **Pre-diabetes** - Blood sugar levels are higher than normal but not high enough to diagnose Type 2 diabetes. Pre-diabetes raises your risk for Type 2 diabetes, heart disease, and stroke

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## Risk Factors Checklist

- You have pre-diabetes
- You are overweight
- You are 45 years or older
- You have a parent, brother, or sister with Type 2 diabetes
- You are not physically active (move 30 minutes or more 3 times a week)
- You have had gestational diabetes

**Signs and Symptoms** – Excessive thirst, frequent urination, extreme fatigue, very dry skin disorders, sexual dysfunction, nerve damage, kidney disorders and vision loss.

## Prevention

- Know your risk factors
- Watch for signs and symptoms
- Check your feet, skin and eyes to find problems early
- Eat more vegetables and less sugars or carbohydrates
- Make physical activity (30 minutes or more) part of your day
- Lower your stress levels
- Get enough rest and sleep
- Relaxation exercises or meditation
- Talk to your health care provider