

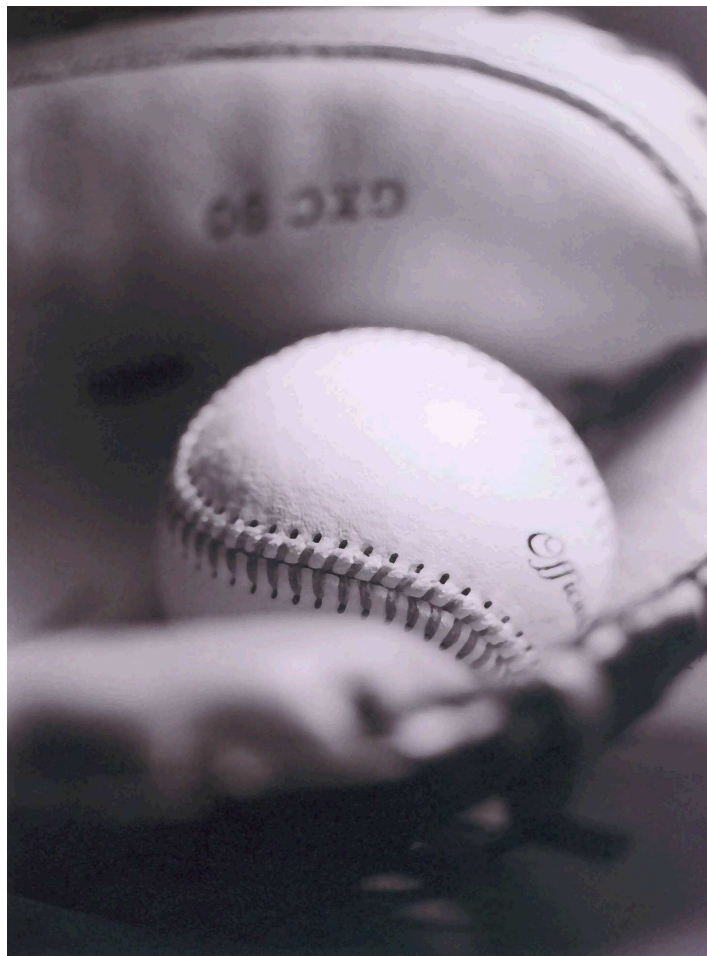
DIABETES

Diabetes is a disease in which your blood sugar or glucose, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With **Type 1 diabetes**, your body does not make insulin. With **Type 2 diabetes**, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves. Diabetes can also cause heart disease, and stroke. Pregnant women can also get diabetes, called gestational diabetes.

Symptoms of diabetes may include fatigue, thirst, weight loss, blurred vision and frequent urination. Some people have no symptoms. A blood test can show if you have diabetes. Exercise, weight control and sticking to your meal plan can help control your diabetes. You should also monitor your glucose level and take medicines if prescribed.

Controlling your diet and having healthy habits like exercise can help to reduce the risk of complications due to Diabetes.



SYMPTOMS

People who think they might have diabetes must visit a physician for diagnosis. They might have some or **NONE** of the following symptoms:

- **Frequent urination**
- **Excessive thirst**
- Unexplained weight loss
- **Extreme hunger**
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.

Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of type 1 diabetes.

TYPES

Type 1 diabetes may account for 5% to 10% of all diagnosed cases of diabetes. **Type 2 diabetes** may account for about 90% to 95% of all diagnosed cases of diabetes. **Gestational diabetes** is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2% to 5% of all pregnancies but usually disappears when a pregnancy is over.

RISK FACTORS

Risk factors for type 2 diabetes include older age, obesity, family history of diabetes, and prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for type 2 diabetes.

Risk factors are less well defined for type 1 diabetes than for type 2 diabetes, but genetic, and environmental factors are involved in developing this type of diabetes.

Gestational diabetes occurs more frequently in African Americans, Hispanic/Latino Americans, American Indians, and people with a family history of diabetes than in other groups. Obesity is also associated with higher

risk. Women who have had gestational diabetes are at increased risk for later developing type 2 diabetes.

TREATMENT

Healthy eating, physical activity, and insulin injections are the basic therapies for type 1 diabetes. The amount of insulin taken must be balanced with food intake and daily activities. Blood glucose levels must be closely monitored through frequent blood glucose testing



Healthy eating, physical activity, and blood glucose testing are the basic therapies for type 2 diabetes. In addition, many people with type 2 diabetes require oral medication, insulin, or both to control their blood glucose levels.

People with diabetes must take responsibility for their day-to-day care, and keep blood glucose levels from going too low or too high.

People with diabetes should see a health care provider who will monitor their diabetes control and help them learn to manage their diabetes. In addition, people with diabetes may see endocrinologists, who may specialize in diabetes care; ophthalmologists for eye examinations; podiatrists for routine foot care; and dietitians and diabetes educators who teach the skills needed for daily diabetes management.