

DIABETES AWARENESS

What is Diabetes?

“Diabetes is a disease that occurs when your blood glucose (blood sugar) is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn’t make enough or any insulin or doesn’t use insulin well. Glucose then stays in your blood and doesn’t reach your cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.”

- National Institute of Diabetes and Digestive and Kidney Disease

TYPE 1

- The body doesn’t make insulin.
- Your immune system attacks the cells in your pancreas that make insulin.
- This type is usually diagnosed in children and young adults, but it can appear at any age.
- People with type 1 diabetes need to take insulin every day to stay alive.

TYPE 2

- The body does not make or use insulin well.
- You can develop this type at any age, even during childhood. However, this type occurs most often in middle-aged and older people.
- Type 2 is the most common type of diabetes.

GESTATIONAL

- Gestational diabetes develops in some women during pregnancy. This often goes away after the baby is born.
- If you’ve had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life.
- Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

COMMON SYMPTOMS



Feeling Very Thirsty



Feeling Very Hungry (even though you’re eating)



Extreme Fatigue



Blurry Vision



Wounds Heal Slowly



Systemic Weight Loss



Tingling or numbness in the hands/feet

If you have some of these symptoms talk to your doctor.