

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.