There's something you need to know.


What Is Diabetes?

A chronic disease that occurs when the body does not produce enough of the hormone insulin that breaks food down into usable energy.

Main Types of Diabetes

TYPE I
- Also known as insulin dependent
- Most common in children and young adults
- Can be controlled with insulin shots

TYPE II
- Also known as non-insulin dependent
- Usually occurs in people 40 years of age and older
- Can be controlled with insulin shots and medications

PRE-DIABETES
- Blood sugar is too high to be considered normal yet not high enough to be diagnosed as diabetic. Pre-diabetes increases the risk for diabetes and heart disease.

GESTATIONAL
- Is defined as blood sugar elevation during pregnancy. Properly treated, the blood sugar returns to normal after birth. Gestational diabetes increases a woman’s risk of becoming diabetic within 5 to 10 years.

Diagnosis of Pre-diabetes by testing:
- Fasting Plasma Glucose (FPG) 100-126 mg/dl
- Oral Glucose Tolerance Test (OGTT) 140-200 mg/dl
- A1C Test 5.7%-6.4%

Warning Signs
- D - Drowsiness, lack of energy
- I - Itchiness
- A - A family history of diabetes
- B - Blurred vision
- E - Excessive thirst and urination
- T - Tingling and numbness in the limbs
- E - Excessive weight loss or gain
- S - Skin infections/slow healing of cuts and wounds

Complications of Diabetes
- Blindness
- Kidney Disease
- Amputation
- Heart Disease
- Stroke

Who is AT RISK?
- People 40 years of age and older
- People who do not exercise regularly
- People who are overweight
- People with a family history
- African-Americans, Hispanics, and Native Americans have an increased risk

Reduce the Risk of Diabetes by
- Get blood sugar tested
- Lose 5-10% of your body weight if overweight
- Exercise 30 minutes or more daily
- Make smart food choices
- Establish a regular meal pattern, eating a well-balanced diet
- Visit your doctor regularly

Approximately 15 million Americans have diabetes. More than half are unaware that they have the disease.