

# November is Diabetes Awareness Month

## Let's fight diabetes with Awareness, Prevention, Management

We have all heard about diabetes and most of us know someone who has it and how it affects their life. Diet restrictions. Medications. Injections. Complications like heart disease, vision problems or blindness, and nerve damage.

Unmanaged diabetes can lead to diabetic ketoacidosis (DKA), which can lead to coma or even death.

What is diabetes? Does it come from a high sugar diet? Or is it genetic? Can I prevent it?

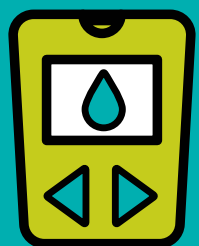
Here are answers to these questions and more.



### What is diabetes?

A chronic disease in which blood sugar (glucose) levels are above normal

Too much blood sugar in your bloodstream can, over time, seriously affect your eyes, heart, nerves, and more



### What are the two types?

#### TYPE 1 DIABETES

- Body stops making insulin, a hormone that regulates blood sugar
- Usually affects children & youth
- You need to take insulin daily

#### TYPE 2 DIABETES

- Body doesn't use insulin well
- Usually affects adults
- Can be prevented or managed with diet, exercise, weight control



### What causes diabetes?

Exact causes are unknown.

#### Risk factors for Type 2 diabetes include:

- Being overweight
- Lack of exercise
- Having prediabetes (increased sugar levels)
- Family history, age, race

### Am I at risk?

- Talk to your doctor about your risk level.
- A free risk test is on the American Diabetes Association website at [www.diabetes.org/diabetes/risk-test](http://www.diabetes.org/diabetes/risk-test)



### What are the symptoms?

- Speak with your doctor about symptoms
- A list of symptoms is on the CDC website at [www.cdc.gov/diabetes/basics/symptoms.html](http://www.cdc.gov/diabetes/basics/symptoms.html)



### Can it be prevented? Can it be cured?

- Type 1 so far cannot be prevented. It is managed with insulin treatment and lifestyle changes.
- Type 2 can be prevented or managed with lifestyle changes, by managing diet, exercise, and weight.



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Every year, 1.5 million Americans are told they have diabetes.

Find a diabetes program or resources  
in your area at [www.diabetes.org](http://www.diabetes.org)