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, 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 it be prevented?

November is National Diabetes Awareness Month.

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 of diabetes?

TYPE 1 DIABETES

- The body stops making insulin, a hormone that regulates blood sugar
- Usually affects children & youth
- You need to take insulin daily
- Type 1 cannot be prevented. It can be managed with insulin treatment.

TYPE 2 DIABETES

- The body doesn't use insulin properly, leading to high sugar levels
- Usually affects adults
- No known cure. Can be prevented or managed with diet, exercise, weight control

What causes diabetes?

Exact causes are unknown.

Risk factors for Type 1 include family history and age

Risk factors for Type 2 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 simple blood test is used to screen for diabetes.
- A free Type 2 risk test is on the American Diabetes Association website at **www.diabetes.org/diabetes/risk-test**

What are the symptoms?

- A list of symptoms is on the American Diabetes Association website, https://diabetes.org.
- Speak with your doctor to learn about symptoms

healthcare education project

Healthcare • Education • Action!

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

Find a diabetes program or resources in your area at www.diabetes.org

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