

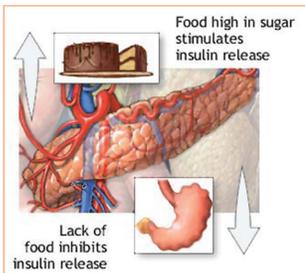
What You Should Know About

Diabetes



What is Diabetes?

When you have diabetes, your body can't use the energy from the food you eat. Your body has a problem making and using insulin. Which is a hormone that helps your body use blood sugar. There are two main types of diabetes: type 1 and type 2.



- ❑ **In type 1 diabetes**, your body makes little or no insulin.
- ❑ **In type 2 diabetes**, your body usually makes insulin but your body cannot use it well.

High Blood Sugar Levels Can Lead To Serious Health Risks

In both types of diabetes, sugar builds up in your blood because it cannot be used. Sugar stays in your blood and you have high blood sugar levels. High blood sugar levels can damage your blood vessels and nerves, and over a long period of time can result in serious health problems. By keeping your blood sugar levels as close to normal as possible you may lower your chances of having:

- ❑ Eye problems
- ❑ Kidney problems
- ❑ Foot and /or leg amputation
- ❑ Sexual problems
- ❑ Heart attack and stroke



Gestational Diabetes

Gestational diabetes is when you have high blood sugar during pregnancy. About 3-5% of all pregnant women in the US are diagnosed with gestational diabetes. Gestational diabetes is due to changes in women during pregnancy. Talk to your doctor about gestational diabetes if you are pregnant.



Type 1 Diabetes

People with type 1 diabetes must take insulin shots to control their blood sugar. Type 1 usually begins when people are young but may occur at any age.

Causes are related to:

- ❑ A history of type 1 diabetes in the family
- ❑ A problem within the body that causes insulin-making cells to be destroyed

Symptoms:

- ❑ Increased thirst
- ❑ Increased urination
- ❑ Increased hunger
- ❑ Sudden weight loss
- ❑ Feeling very tired

Ketoacidosis

Ketoacidosis is a serious problem that usually occurs only in people with type 1 diabetes. Warning signs that you may be in Ketoacidosis are:

- ❑ Feeling more hungry and thirsty than usual
- ❑ Throwing up or have stomach pain
- ❑ Having a fruity smell on your breath
- ❑ Breathing is fast and deep
- ❑ Fever
- ❑ Blood sugar level of 240 mg/dl or more

You should not try to treat Ketoacidosis yourself! Call your doctor immediately!



Type 2 Diabetes

People who have type 2 diabetes can be treated with proper meal planning and exercise, oral medicines, and/or insulin. Type 2 diabetes is the most common type of diabetes.



Although it can occur in younger people, Type 2 diabetes is more likely to occur in people who:

- Are over 40 years of age
- Are overweight
- Have a family history of diabetes
- Have had diabetes during a pregnancy
- Have given birth to a baby weighing over 9 pounds
- Have the stress of an illness or injury
- Have high blood pressure
- Are African American, Hispanic American, Native American

Symptoms of Type 2 diabetes:

- Feeling tired
- Dry, itchy skin
- Increased urination
- Blurred vision
- Numbness/ tingling in hands/ feet
- Problems with sexual functioning
- Frequent infections
- Slow healing of cuts or sores

Type 2 diabetes often has no symptoms. You or any family member who has three or more of the above symptoms should be tested for diabetes.

What is Hypoglycemia?

Hypoglycemia is low blood sugar. You have low blood sugar when your blood sugar is lower than usual or below 70 mg/dl.

Symptoms of hypoglycemia are:

- Feel tired
- Hungry
- Feel shaky, sweat and chills
- Become confused
- Fast heartbeat
- Blurred vision or headache
- Have no symptoms at all

Treating Hypoglycemia

Treat low blood sugar right away. If your blood sugar is low (less than 70 mg/dl) and you are not pregnant, take one of the following right away:

- 1/2 cup of fruit juice or regular soda (not sugar free)
- 1 tablespoon of honey or sugar.

If you don't feel better in 15 minutes, eat something with sugar in it again. If your blood sugar is still low, call your doctor immediately.

What is Hyperglycemia?

Hyperglycemia or high blood sugar is when your blood sugar levels are higher than usual or above 120 mg/dl before meals or above 180 mg/dl after meals. If this happens often, it is a problem that needs attention.

Symptoms of hyperglycemia:

- blurred vision
- feeling tired/sleepy
- dry or itchy skin
- frequent infections.
- more hunger or thirst than usual
- urinate often especially at night



Treating hyperglycemia may include a change in medicines or doses, more careful meal planning and regular exercise. ■