

November is Diabetes Awareness Month

What is Diabetes?

Diabetes is a disorder of the production and/or use of insulin in the body. This condition is marked by high blood glucose levels. In some cases, the pancreas does not produce any or enough insulin. In other cases, the body tissues do not use insulin properly.

How is diabetes treated and managed?

Diabetes resulting from decreased production of insulin can be treated by introducing insulin into the body. This is accomplished by injecting the type of insulin prescribed by the care provider. Diabetes can also be treated using oral medications in persons with type II diabetes. Some oral diabetes medications help the body make more insulin and others help the body use insulin more effectively. Diabetes management may include monitoring blood glucose levels, exercise, diet changes and medications.

Did you know?

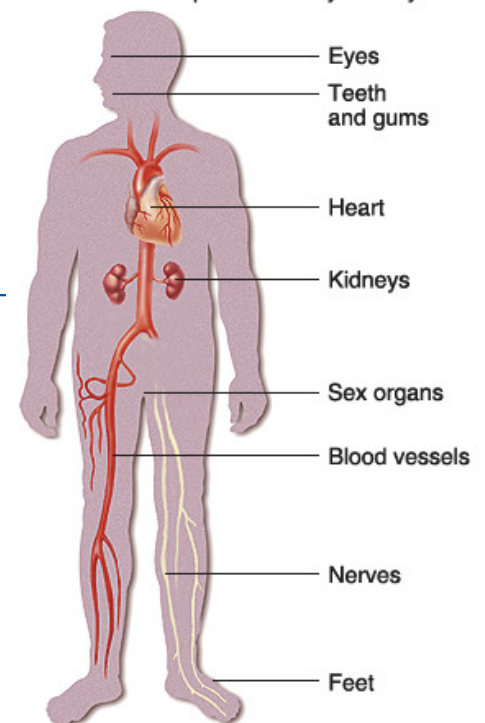
23.6 million children and adults—7.8% of the population—have diabetes.

-American Diabetes Association

What are the long-term complications of uncontrolled diabetes?

- ❖ Eyes: blood vessel damage (retinopathy), pressure problems (glaucoma), clouding of the lens in the eyes (cataracts)
- ❖ Teeth and gums: periodontal disease causing loss teeth and gums
- ❖ Heart and blood vessels: high blood pressure, heart stroke
- ❖ Kidneys: nephropathy
- ❖ Sexual dysfunction
- ❖ Serious infection that could lead to the loss of toes, feet or limbs

Complications may affect your:



Diabetes

Symptoms of Type I Diabetes

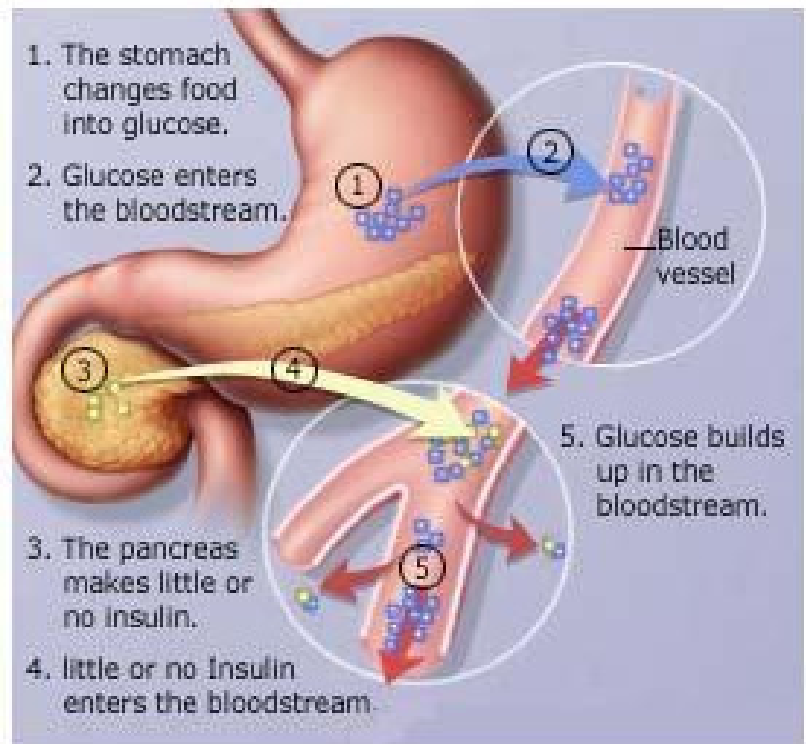
- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

Symptoms of Type II Diabetes

- Any of the symptoms related to Type I Diabetes
- Frequent infections
- Blurred vision
- Cuts or bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Recurring skin, gum or bladder infections

Types of Diabetes

- Type I
 - Previously known as juvenile diabetes
- Type II
 - Sometimes known as adult onset diabetes
- Gestational
 - Occurs in some women during pregnancy



Additional Information

- American Diabetes Association: www.diabetes.org
- WebMD: diabetes.webmd.com
- Centers for Disease Control: www.cdc.gov/diabetes



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