

November is Diabetes Awareness Month

What is Diabetes?

Diabetes is a chronic health condition that affects how your body turns food into energy. When you consume food, your body breaks it down into a form of sugar called glucose, which then goes into your bloodstream. When your blood sugar increases, your pancreas releases insulin to help convert glucose into energy.

When you have diabetes, your body doesn't produce enough insulin or doesn't use the insulin effectively. This causes blood sugar buildup in your body, which can lead to serious health problems such as heart disease, vision loss, and kidney disease.

Symptoms of Diabetes

Diabetes symptoms can vary depending on how high your blood sugar is, and it can vary depending on the type of diabetes. However, some of the symptoms are:

- Feeling more thirsty than usual
- Urinating often
- Feeling tired and weak
- Having blurry vision
- Losing weight without trying
- Having slow-healing sores
- Getting a lot of infections

Types of Diabetes

Type 1 diabetes is usually diagnosed in children and young adults. Genetics and some viruses may cause Type 1 Diabetes. People with type 1 diabetes need to take insulin every day for their bodies to process their blood sugar.

Type 2 diabetes is the most common form of diabetes. People with type 2 diabetes do not make enough insulin or their body does not utilize the insulin their body makes. Type 2 diabetes can develop at any age, though it is most common in middle-aged and older adults.

Prediabetes is a condition in which your glucose level is higher than normal, but not high enough to be diagnosed as diabetes. However, many people with prediabetes develop type 2 diabetes within 10 years. Eating a well balanced diet and maintaining a healthy weight can prevent or delay the onset of type 2 diabetes.

Gestational diabetes is a type of diabetes that develops during pregnancy and usually goes away after the birth of the baby. Gestational diabetes is caused by hormonal changes which makes insulin less effective in the body during pregnancy.

To learn more about Diabetes visit:

<https://www.cdc.gov/diabetes/basics/index.html>

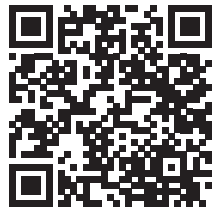
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Did you know that your age, gender, and family history can all impact your risk of developing prediabetes?

Prediabetes is when a person's blood sugar is higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. It is important to evaluate your risk and talk to your doctor about prediabetes. The sooner you know you have it, the sooner you can take action to reverse it and prevent type 2 diabetes.



Are you at risk for prediabetes?

Use the QR code or link below to take a 1-minute test that will help you find out your risk for prediabetes. After taking this test, share the results with your doctor and discuss any questions that you may have. www.cdc.gov/prediabetes/takethetest/



What can you do to reverse prediabetes?

Consider enrolling in a National Diabetes Prevention Program. This CDC program can help people with prediabetes make lasting lifestyle changes to prevent or delay type 2 diabetes. This program focuses on healthy eating, physical activity, and stress management. To find a class near you, use the QR code or link below. www.cdc.gov/diabetes/prevention/find-a-program.html

In addition to participating in the National Diabetes Prevention Program, there are a few other things you can do to help prevent type 2 diabetes, like maintaining a healthy weight, eating well, and being active. Talk to your health care provider to learn more about resources available to you.

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