

Diabetes is a disease in which your body is unable to properly use and store glucose. Glucose builds up in the bloodstream...causing your blood glucose to rise too high.

### **TYPES OF DIABETES:**

*Type 1:* (formerly called juvenile onset or insulin dependent diabetes) Your body completely stops producing any insulin, the hormone that enables your body to use glucose found in foods for energy. People with type 1 must take multiple daily injections of insulin to survive. This form of diabetes can happen at any age but is much more common in children or young adults.

*Type 2:* (Formerly called adult-onset or non-insulin dependent diabetes). The body produces some insulin but not enough to properly convert food into energy or the body is not sensitive to the effect of insulin produced. This form of diabetes is the most common type and usually occurs in people with a family history of diabetes, but not always.

### **Signs and Symptoms of hyperglycemia (high blood glucose):**

|                         |  |
|-------------------------|--|
| Increased thirst        | Blurred vision                                     |
| Frequent urination      | Frequent infections-skin, gum, bladder-often yeast |
| Unexplained weight loss | Slow-healing wounds                                |
| Increased hunger        | Unexplained itching                                |
| Irritability            | Numbness/tingling in extremities                   |
| Fatigue                 |  |

In some cases there are no symptoms—this happens at times with type 2 diabetes. In this case, people can live for years without knowing they have the disease. This form of diabetes comes on so gradually that symptoms may not be recognized.

### **Risk Factors of Type 2:**

|   |                                 |
|---|---------------------------------|
| Heredity (family history)                                       | Hypertension/Hyperlipidemia     |
| Obesity   | History of gestational diabetes |
| Sedentary lifestyle   | Delivering a baby over 9lbs     |
| Aging process—over 40 years old                                 |                                 |
| Ethnic Background (Asian, Hispanic, African or Native American) |                                 |
| Prior period of pre-diabetes or impaired glucose tolerance      |                                 |

### **Management:**

- Meal Plan
- Exercise Program
- Medications (oral/injectable/insulin)
- Routine visits with healthcare provider
- Education by diabetes dietitian educator
- Education by diabetes nurse educator
- Yearly dilated eye exams
- Regular monitoring of blood glucose levels
- Smoking cessation
- Controlling blood pressure and cholesterol
- Managing stress
- Checking feet and skin daily
- Visit foot care specialist for foot problems

**Long-term complications:**

- Heart attacks
- Strokes
- Blindness
- Kidney failure
- Amputations of lower extremities
- Nerve damage
- Sexual dysfunction
- Bladder problems

Fortunately, studies have shown that people who control their diabetes by keeping their blood glucose levels as close to normal as possible can reduce the risk of developing complications or halt the progression of existing complications by 40% or more.

***SELF MANAGEMENT MATTERS; EDUCATION IS THE KEY!***

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***Questions? Call: 712.542.8263***