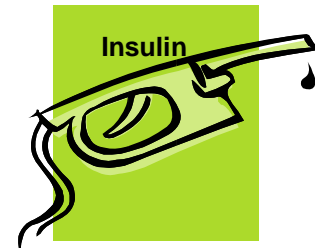


What You Need To Know About Diabetes



What Is Diabetes?

- Our bodies work like a car. Before a car can run, it needs a tank of fuel. The fuel must then travel from the fuel tank to the engine to work.



- Food gives our body 'fuel'. Much of the food we eat turns into blood sugar. Blood sugar must travel from the blood stream (the body's fuel tank) to the cells (the body's engine) to give us energy. Insulin is like the "fuel pump" that delivers the sugar to the cells.



- Diabetes happens when:
 - ☞ the body doesn't make enough insulin, and/or insulin doesn't work right
 - ☞ the body is not able to use the food you eat in the right way
 - ☞ the blood sugar (fuel) does not get into your body's cells (engine) to give you energy

There are 2 types of diabetes: You have...



TYPE 1

- The body stops making any insulin
- Treated with insulin which is injected
- Usually happens in children or young thin adults, however, can occur at any age



TYPE 2

- The body does not make or use insulin well
- Treated with diet and exercise together with pills, insulin, or other injectible medications
- Can happen in Adults or children who are overweight, inactive and/or have family members with diabetes

What Are Some Signs of Diabetes?

<i>Very thirsty</i>	<i>Blurry vision</i>
<i>Many trips to the bathroom</i>	<i>Skin or yeast infections</i>
<i>Sudden weight loss</i>	<i>Cuts that do not heal</i>
<i>Very hungry</i>	<i>Very Tired</i>

You may not notice any signs at all because diabetes can come on so slowly that signs may not be noticed for many months.

What You Need To Do!

- 🕒 **Good Nutrition:** Eat less starchy foods like bread, rice, potatoes and pasta. Eat less sweets and juices. Fill half of your plate with vegetables and salad.
- 🕒 **Regular Activity:** keep active every day to lower your blood sugar
- 🕒 **Pills, Insulin, or other Injectable Medications:** treat your diabetes with your medications exactly as instructed by your doctor
- 🕒 **Health Care Team Visits:** see your provider(s) at least once every six months
- 🕒 **Regular Eye Exams:** visit a diabetic eye doctor yearly to treat any matters that may be linked to diabetes
- 🕒 **Blood Sugars:** check your blood sugar at home so you and your team know how you are doing

You Can Make A Difference!

Staying in good control is very important since high blood sugars can lead to:

Loss of eye sight
Nerve injury to legs and feet
Kidney problems
Heart disease
Stroke