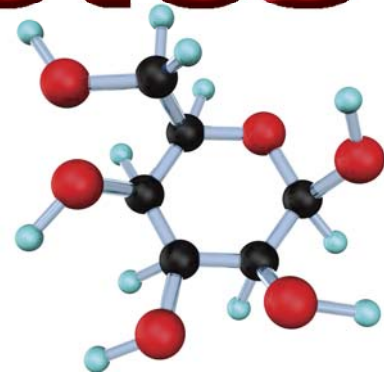


## What is **Diabetes?**

Diabetes mellitus (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.



### Type 1

Type 1 Diabetes was previously known as juvenile diabetes as it is usually diagnosed in childhood and young adulthood. In Type 1 Diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for the body to function properly. Only 5-10% of people with diabetes have this form of the disease. With the help of **insulin therapy** and other treatments, those diagnosed with Type 1 Diabetes can learn to manage their condition and live long, healthy, happy lives.

**Type 2 Diabetes is the most common form of diabetes.**



Millions of Americans have been diagnosed with Type 2 Diabetes, and many more are unaware they are at risk. Some groups have a higher risk for developing Type 2 Diabetes than others - **African Americans, Latinos, Native Americans, Asian Americans, Native Hawaiians and other Pacific Islanders**, as well as the aged population are all more likely to suffer from Type 2 Diabetes.

In Type 2 Diabetes, either the body does not produce enough insulin or the body's cells ignore the **insulin**.

The body breaks down all of the sugars and starches from the food we eat into glucose - the basic fuel for cells within the body. Insulin is a necessary part of the digestive process - insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to **diabetes complications**.



# Symptoms



### Type 1 Diabetes

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

### Type 2 Diabetes\*

- Any of the type 1 symptoms – Frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue or irritability.
- Frequent or persistent infections such as skin, gum, or bladder infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling or numbness in the hands or feet

*\*Often people with Type 2 Diabetes have no symptoms*

# Prevention

Unfortunately, you cannot prevent Type 1 Diabetes. However, you can reduce your risk of developing Type 2 Diabetes through lifestyle changes. You can prevent or delay the onset of Type 2 Diabetes through a healthy lifestyle. Have a healthy diet, increase your level of physical activity, and maintain a healthy weight. Making these positive changes will help to increase your overall health and prevent, delay or maintain Type 2 Diabetes.

**Lower your risk for Type 2 Diabetes and heart disease.**

### My Health Advisor

Just enter basic health information and My Health Advisor calculates your risk for Type 2 Diabetes, heart disease, and stroke.

### Your Risk

Find out if any of these risk factors apply to you.

### Prediabetes

Are your blood glucose levels higher than normal? Prevent the onset of diabetes and its many complications.



# Take Action – if you have diabetes symptoms or believe you are at risk please see your doctor today.

## Diabetes Education



Diabetes is a serious disease. Awareness is an essential component for prevention and diabetes management. Enroll in a diabetes management course, especially if your diabetes symptoms are not in control.

*Call your local Diabetes Association for information on enrolling in a diabetes class or speak with your physician.*

## DIABETES MANAGEMENT

*Many people avoid the long-term problems of diabetes by taking good care of themselves.*

### Diet - MyFoodAdvisor™

Track what you eat to manage your diabetes and prevent the onset of complications.

- Use your diabetes meal plan. If you do not have one, ask your health care team about one.
- Make healthy food choices such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
- Keep fish and lean meat and poultry portions to about 3 ounces (or the size of a deck of cards). Bake, broil, or grill it.
- Eat foods that have less fat and salt.
- Eat foods with more fiber such as whole grains cereals, breads, crackers, rice, or pasta.



# African Americans and Diabetes



## Fitness

**Prevent Type 2 Diabetes by getting and staying active.**

**Get 30 to 60 minutes of physical activity on most days of the week.**

- Brisk walking is a great way to move more.
- Stay at a healthy weight by using your meal plan and moving more.



## Physical & Mental Health

- Check your blood glucose (blood sugar). You may want to test it one or more times a day. Be sure to take this record to your doctor visits.
- Ask your doctor if you need aspirin to prevent a heart attack or stroke.
- Stop smoking. Ask for help to quit.
- Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.
- Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums.
- Check your blood pressure if your doctor advises.
- Report any changes in your eyesight to your doctor.
- Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
- Learn to cope with stress. Stress can raise your blood glucose (blood sugar). While it is hard to remove stress from your life, you can learn to handle it.
- Attend church regularly - consult with your pastor.



**TOBACCO**



## Drug Therapy

Take medicines even when you feel good.

Tell your doctor if you cannot afford your medicines or if you have any side effects.

## Endocrinologist

An endocrinologist is a specially trained doctor that diagnoses diseases affecting your glands. They know how to treat conditions that are often complex and involve many systems within your body - like diabetes. Regular visits to an endocrinologist will help maintain your diabetes and keep you healthy.



## Cardiologist

If you have diabetes, take care of your heart. Having diabetes means you are more likely to have a heart attack or a stroke—but it doesn't have to—if you take care of your diabetes. Regular visits to a cardiologist will make sure you are heart healthy and is an essential component to your diabetes maintenance.



## Additional Resources

### American Diabetes Association

Website: <http://www.diabetes.org/>

Email: [AskADA@diabetes.org](mailto:AskADA@diabetes.org).

Phone: 1-800-DIABETES (1-800-342-2383)

### The National Institute of Health (NIH)

#### National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

Website: <http://www2.niddk.nih.gov/>

Phone: (301) 496-3583

### The Obesity Society

Website: [www.obesity.org](http://www.obesity.org)

Phone: Phone (301) 563-6526

### The American Stroke Association

Website: <http://www.strokeassociation.org/STROKEORG/>

Phone: 1-888-4-STROKE

### The American Society of Hypertension

Website: <http://www.ash-us.org/>

Phone: (212) 696-9099