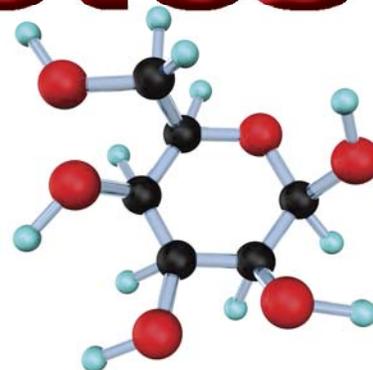


What is **Diabetes?**

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.

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

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