



November is American Diabetes Month!

Diabetes is a disease that occurs when your body doesn't make enough of a hormone called insulin or if your body doesn't use the insulin the right way. If left untreated, it may result in blindness, heart attacks, strokes, kidney failure and amputations. Only half of the people who have diabetes have been diagnosed, because in the early stages, there are few symptoms or the symptoms may be the same as other health conditions.

Type I Diabetes



Children usually get this type
The body doesn't make insulin at all

Type II Diabetes

Adults usually get this type
The body doesn't make enough insulin or isn't able to use it properly



Symptoms of Diabetes

- Extreme thirst
- Extreme hunger
- Frequent urination
- Unexplained weight loss
- Dry, itchy skin
- Unusually tired or drowsy
- Sores or bruises that heal slowly
- Tingling or numbness in the hands or feet
- Blurry vision that changes from day to day
- Frequent or recurring skin, gum, bladder or vaginal yeast infections

Treatment of Diabetes

Healthy diet and exercise habit help keep your blood sugar as normal as possible. If diet and exercise don't keep your sugar levels in control, you may need medications. Diabetes medication can be pills or shots.

Let your doctor know if you have any questions!

For more information visit:
<http://www.diabetes.org>

