

## Diabetes

### **Warning Signs:**

- **unusual thirst or extreme hunger**
- **weakness and fatigue**
- **frequent urination**
- **irritability**
- **unusual weight loss**
- **blurred vision**
- **dizziness**
- **numbness or tingling in legs, feet or fingers**
- **slow healing of cuts and bruises**



Diabetes is a disease that affects the way the body uses food. It also affects its ability to use and store sugar. Insulin is a hormone that controls the amount of sugar in the blood. In diabetes, either the body cannot produce enough insulin or cannot use it effectively to control the level of sugar (glucose) in the blood. When the sugar level remains high, serious health problems can occur. Problems can also occur if the sugar level is low.

Untreated diabetes causes heart disease, kidney failure, high blood pressure, poor vision or blindness, and other health problems.

Diabetes occurs most often in certain types of people:

- ▶ People with a family history of diabetes
- ▶ People over 40
- ▶ People who are overweight
- ▶ American Indians, Hispanics, African Americans, and some Asian-Pacific Islanders

### **There are two types of diabetes:**

**TYPE 1:** It occurs most often in children and young adults. It is due to a lack of or low insulin production. Individuals suffering this type of diabetes are treated with insulin and a special diet.

**TYPE2:** This is the most common type of diabetes. It usually affects people over 40, especially those who are overweight. In type 2 diabetes, the body may produce insulin, but it cannot use it effectively. This diabetes can be controlled by a healthy diet, exercise, medication or pills, and weight reduction if needed. Some people with type 2 also need to take insulin.

If you have any of these symptoms, see your doctor soon. It is very important to be diagnosed and receive treatment early. However, many people have diabetes without these symptoms. Therefore, ask your doctor about diabetes, especially if you have a family history of diabetes or have overweight.

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