

What is Diabetes?

Diabetes means you have too much sugar in your blood.

Sugar from the food you eat gets into your blood. An organ called the pancreas makes **insulin** to help the sugar move from your blood into your body's cells so they can use it for energy to do their work.

“GLUCOSE”
MEANS
“SUGAR”

When you have diabetes, your pancreas does not make enough insulin, or your body cannot use the insulin well. Sugar starts to build up in your blood, and having too much sugar in your blood can make you sick.

Signs of Diabetes include:

- Feeling thirsty
- Going to the bathroom a lot—often at night
- Blurry vision
- Feeling very tired
- Losing weight without trying
- Very dry skin
- Sores that are slow to heal
- More infections than usual
- Losing feeling in your feet or getting a tingling feeling in your feet or hands

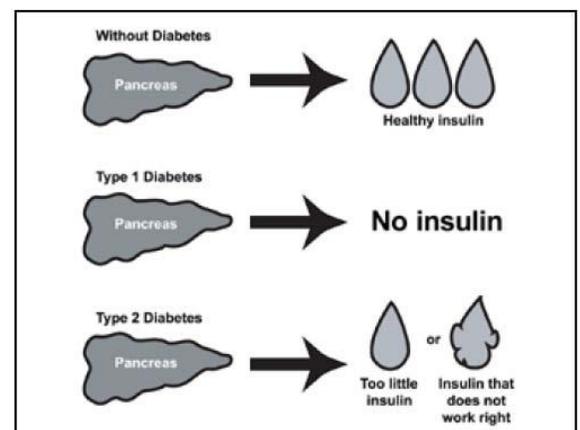
TYPES OF DIABETES

Type 1 Diabetes—the pancreas makes little or no insulin.

People with Type 1 Diabetes usually find out when they are children or young adults. They must inject insulin every day to keep blood sugar from getting too high.

Type 2 Diabetes—the pancreas makes insulin, but it is not enough or it does not work right.

Some people with Type 2 Diabetes need to take diabetes pills or insulin shots every day. Eating healthy and staying active can also help control blood sugar.



Why Manage Your Diabetes?

Having blood sugar that is too high, for too long, affects the whole body and can lead to serious health problems:

- **Brain problems**—Depression is more common in adults with diabetes than in adults who do not have diabetes.
- **Eye problems**—Diabetic eye diseases include diabetic retinopathy, cataracts, and glaucoma.
- **Gum disease**—People with diabetes are at risk for tooth and gum infections. These can make it harder to control diabetes. Regular cleanings and visits to your dentist can help.
- **Heart disease**—Having diabetes means that you are much more likely to have heart disease, a heart attack, or a stroke.
- **Kidney disease**—High blood sugar can cause the kidneys to become damaged, which means they can no longer filter and clean your blood.
- **Blood flow problems**—Blood flow problems can make injuries, such as blisters on your feet, fungal infections, or other skin problems, slow to heal.
- **Nerve damage**—Nerve damage can cause you to lose feeling in your feet and hands.

You can prevent these problems by keeping your blood sugar in control!

- Keep track of your blood sugar levels
- Control your blood pressure
- Make healthy food choices
- Get regular physical activity)
- Take your medicines as directed
- Keep track of your health goals

