

American

**DIABETES**  
**MONTH**

November 2007

American Diabetes Association.

 Center for  
Family Medicine  
LND

 Center for  
Family Medicine  
Pharmacy  
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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 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 of diabetes there are few symptoms or the symptoms may be the same as other health conditions.

## Types of diabetes

### Type 1

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

### Type 2

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



## Symptoms of diabetes

Extreme thirst

Sores or bruises that heal slowly

Tingling or numbness in the hands or feet

Frequent or recurring skin, gum, bladder or vaginal yeast infections

Extreme hunger

Dry, itchy skin

Frequent urination

Blurry vision that changes from day to day

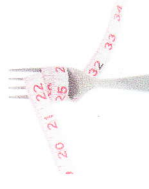
Unusual tiredness or drowsiness

Unexplained weight loss



## Treatment of diabetes

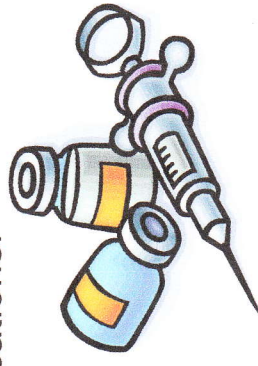
Healthy diet and exercise habits help to keep your blood sugar as normal as possible.



## Will I have to take medicine?

If diet and exercise don't keep your sugar levels in control, you may need medications.

Diabetes medicines are pills (oral) and shots (insulin).



Let your doctor know if you have any questions.