

WHAT IS DIABETES?

Diabetes is a disease that happens when your blood glucose, also called blood sugar, is too high.

This happens when your body does not make enough insulin (in type 1 diabetes) or does not use insulin well (in type 2 diabetes). Most people who develop diabetes have type II. Insulin is a chemical that takes the blood sugar in your blood and move it into the cells of your body. Blood glucose is your main source of energy and comes from the food you eat. Without insulin, blood sugar can't move into the cells and builds up in the blood stream.



RISK FACTORS:

- Family history
- Lack of exercise
- Overweight
- People of color (African American, Latino, American Indian/indigenous, etc.)
- Age (age 45 or older for type 2)

SYMPTOMS OF DIABETES:

- Frequent urination (having to pee)
- Increased thirst
- Increased hunger
- Weight loss and fatigue (feeling tired)
- Have sores that heal slowly
- Blurred vision

WHAT CAN YOU DO TO PREVENT DIABETES?

- Eat a healthy diet with a variety of fruits, vegetables, and whole grains. Talk to your doctor about the diet that is right for you.
- Get regular exercise (like walking or dancing) to help control blood sugar levels.
- Losing weight may also help manage your blood sugar levels.

TREATMENT:

- Balanced diet
- Regular exercise
- Oral medicines taken by mouth
- Insulin therapy that is injected

SOURCES:

CENTERS FOR DISEASE CONTROL AND PREVENTION. (2021, DECEMBER 16). WHAT IS DIABETES? RETRIEVED MARCH 16, 2022, FROM QR

