

DIABETES

Diabetes means that your blood glucose (sugar) is too high. If not controlled, diabetes can lead to blindness, heart disease, kidney failure, and other problems. In many cases, diabetes can be controlled by keeping a healthy weight, eating healthy, and being physically active.

- About 24 million Americans have diabetes. As many as one quarter don't know they have it.
- There are 3 types of diabetes:
 - Type 1 diabetes means your body does not make insulin. People with this type of diabetes have to take insulin medication.
 - Type 2 diabetes means your body makes insulin, but it can't do its job. Nine out of 10 people with diabetes have type 2 diabetes.
 - Gestational (jess-TAY-shun-ul) diabetes occurs during pregnancy (about 1 in 20 pregnancies).
- The exact causes of diabetes are still not known. But, there are things that can put you at risk for type 2 diabetes. They include age, weight, family history, and race/ethnicity.
- Some signs of diabetes include being very thirsty or hungry, feeling very tired, blurry vision, tingling in the hands or feet, and sores that are slow to heal.
- If you're at least 45 years old, get tested for diabetes every 3 years. Get tested more often if you're also overweight. If you're younger than 45, overweight, and have 1 or more risk factors for diabetes, get tested now.

FOR MORE INFORMATION

**National Diabetes Information Clearinghouse,
National Institute of Diabetes and Digestive
and Kidney Diseases**

Phone number: (800) 860-8747

Internet Address: <http://www.niddk.nih.gov/health/diabetes/diabetes.htm>

National Diabetes Education Program

Phone number: (800) 693-6337 (publications ordering)

Internet Address: <http://ndep.nih.gov/>

Centers for Disease Control and Prevention

Phone number: (800) 232-4636

Internet Address: <http://www.cdc.gov/diabetes/>

American Diabetes Association

Phone number: (800) 342-2383

Internet Address: <http://www.diabetes.org>

Juvenile Diabetes Foundation International

Phone number: (800) 533-2873

Internet Address: <http://www.jdf.org>



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