

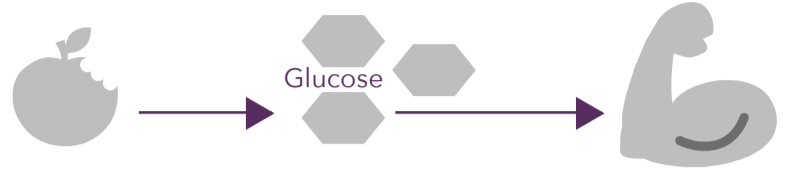


# Diabetes

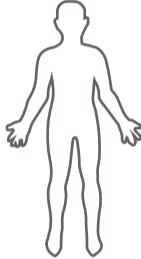
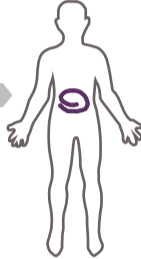

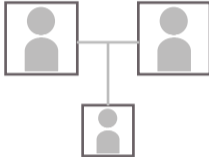
















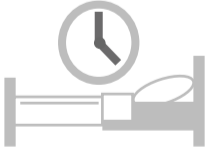







347 million people have diabetes

The body uses sugars (glucose) as energy. Glucose comes from the foods that you eat.



A person with diabetes does not get energy from glucose because the body does not make enough insulin or use insulin correctly. There are 3 types of diabetes.

Types	<p><b>Type 1</b></p> <ul style="list-style-type: none"> <li>No insulin</li> <li>Sudden onset</li> <li>Not preventable</li> </ul> 	<p><b>Type 2</b></p> <ul style="list-style-type: none"> <li>Not enough insulin</li> <li>Gradual onset</li> <li>Preventable</li> </ul> 	<p><b>Gestational</b></p> <ul style="list-style-type: none"> <li>Not enough insulin</li> <li>Pregnancy onset</li> <li>Preventable</li> </ul> 	
Risks	<p>Someone in your family has diabetes</p> 	<p>You are overweight and not physically active</p> 	<p>You had gestational diabetes</p> 	
Symptoms	<p>Frequent urination</p> 	<p>Extreme tiredness</p>  <p>Extreme thirst</p> 	<p>Constant hunger</p> 	<p>Slow healing wounds</p>  <p>Weight loss</p>  <p>Numbsness or tingling in the hands and/or feet</p> 
YOU CAN manage diabetes	<p><b>1 Take your medicine as directed.</b> </p> <p><b>2 Check your blood glucose (sugar)</b> </p> <p><b>3 Control your weight</b></p> <ul style="list-style-type: none"> <li>● Eat less fat and less sugar. </li> <li>● Eat at the same time every day. </li> <li>● Exercise at least 3 times a week. </li> </ul> <p><b>4 Manage your stress</b></p> <ul style="list-style-type: none"> <li>● Prayer. </li> <li>● Distract yourself with other activities. </li> <li>● Sleep at least 8 hours daily. </li> <li>● Talk with friends or family about your stressors. </li> </ul> <p><b>5 Check and protect your feet</b></p> <ul style="list-style-type: none"> <li>● Check your feet for changes in color, shape, and feeling.</li> <li>● Wash your feet. </li> <li>● Protect your feet from heat and cold. Wear shoes and socks when needed. </li> <li>● Do not cut your corns or calluses. Use a pumice stone to gently rub them. </li> <li>● Trim your toenails to the natural curve of your toes. Do not trim into the corners and into your skin. </li> </ul>			