

# DIABETES

## Get the **Facts** and Stay **Heart Healthy**

*You can prevent  
and control  
diabetes.  
Learn how.*

### **WHAT IS DIABETES?**

When we eat, our food turns into a type of sugar. This sugar gives our body fuel it needs to work and grow. Our bodies use insulin to use sugar.

### **TYPES OF DIABETES**

**Type 1** is when the body does not make insulin. It is more common in children and young adults. People with Type 1 must take insulin each day. About one out of every ten people with diabetes has Type 1.

**Type 2** happens when the body cannot use the insulin it makes. People with Type 2 may need to take pills or insulin or both. This is the most common type of diabetes.

Women can get diabetes while they are pregnant. Most of the time, it goes away after the baby is born.

Pre-diabetes is when blood sugar levels are higher than normal. More than one out of every four people have pre-diabetes. Most don't know it.

Many people with diabetes do not know they have it. This is true for about one in every 40 people.

### **IMPACT OF DIABETES**

Diabetes can cause health problems:

- ▶ Blindness
- ▶ Heart and blood vessel damage
- ▶ Stroke
- ▶ Kidney damage

- ▶ Loss of limbs
- ▶ Nerve damage

### **WHAT PUTS ME AT RISK?**

These things put you at greater risk for Type 2:

- ▶ Age
- ▶ Race
- ▶ Being overweight
- ▶ Not being active
- ▶ If a family member has diabetes

### **HOW DO I CONTROL IT?**

- ▶ Eat healthy foods
- ▶ Be active
- ▶ Keep track of blood sugar levels
- ▶ Take shots or pills if needed
- ▶ See the doctor often

### **CAN I PREVENT IT?**

If you are overweight, lose five to ten percent of your body weight. Exercise 30 minutes each day. Make healthy food choices.