

What is Diabetes?

Diabetes is a disease in which the body does not use sugar (glucose) as it should. The body breaks down most of the food you eat into sugar. Sugar travels in your blood through a hormone called insulin to all cells in the body. The cells need sugar to give you energy and keep you healthy.

When you have diabetes it affects how insulin works in the body:

Type 1 Diabetes

- The body does not make insulin

Type 2 Diabetes

- The body does not make enough insulin, or
- The insulin you make does not work as it should

Signs and Symptoms:

- Frequent urination
- Hungry all the time
- Very tired
- Headaches
- Tingling/numbness in the hands and feet and/or have leg cramps.
- Very thirsty
- Sudden weight loss
- Blurred vision
- Sweet cravings
- Cuts/bruises that are slow to heal

Diabetes Complications

- Heart failure
- Stroke
- Blindness
- Kidney disease
- Fatty liver disease
- Skin infections
- Nerve damage
- Amputations
- Gum disease
- Depression

You can lead a healthy life with diabetes by staying active, managing your stress, and eating balanced meals.

Taking Care of Diabetes



Eat healthy:

- Eat less fat and fewer processed foods
- Eat more fruits and vegetables
- Eat at regular times and don't skip meals



Be active:

- Exercise for at least 30 minutes, 5 to 6 days a week
- Examples of exercise include biking, walking, jogging, or yoga
- If you have heart problems, check with your doctor first



Take your medication:

- It can help you feel better, live longer, and help prevent complications from diabetes.
- Take it every day, even if you are feeling well
- Use a pill box to help you remember



Check your glucose:

- It will help you stay in control of your blood sugar levels
- It is the best method to check how your food choices affect your blood sugar levels