

## CAN DIABETES BE MANAGED?

Community Health provides education and support for those diagnosed with diabetes. Ask your provider to recommend a diabetes educator who can suggest resources that are specific to your needs and your lifestyle. Be evaluated by your primary care provider as soon as possible and schedule time to work with the Community Health Diabetes Education team.

Community Health's Diabetes Education program is certified by the Association of Diabetes Care & Education Specialists (ADCES).



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## Your Health, Our Mission

# Managing Diabetes At Community Health



Diabetes is a condition that occurs when your blood sugar, or blood glucose, is too high. Over time, high blood sugar levels increase your risk of heart disease, stroke, kidney disease, nerve damage and eye problems.





## ARE THERE DIFFERENT TYPES OF DIABETES?

Common types of diabetes are:

### Type 1 diabetes

- Doctors don't know what causes it, but it's believed that family history and environmental triggers are involved.
- Type 1 occurs when the body attacks the insulin producing cells of the pancreas and destroys them.

### Type 2 diabetes

- Genetics seem to be involved with causing Type 2 diabetes. According to the National Diabetes Statistic Report, 34.2 million Americans have a diagnosis of diabetes. 90-95% of those with diabetes have Type 2 diabetes.
- Type 2 occurs when the pancreas can't make enough insulin and cells aren't able to use the insulin as they should.

Gestational diabetes occurs only during pregnancy. It can signal that the woman is at high risk for developing Type 2 diabetes in the future.

## WHAT IS INSULIN?

Insulin is a hormone that is produced by the pancreas. Insulin carries glucose, also known as blood sugar, into the cell for energy. Glucose supplies the body with the energy you need throughout the day. Without insulin, blood glucose (sugar) would build up in the bloodstream and eventually damage the lining of your blood vessels. Over time, this can lead to serious health problems.

## WHAT ARE SOME OF THE SYMPTOMS OF DIABETES?

When blood glucose levels become elevated these symptoms can occur:

- Thirst and urination increase
- Hunger increases
- Fatigue
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

Symptoms of Type 1 diabetes can occur quickly while symptoms of Type 2 diabetes often develop slowly. Some people do not find out they have the disease until they have diabetes-related health problems like blurred vision or heart trouble.

## CAN DIABETES BE PREVENTED?

Type 2 diabetes may be prevented or delayed by eliminating or reducing risk factors through lifestyle changes like weight loss or regular exercise.

Some of the risk factors for Type 2 diabetes include:

- Age – people age 45 or older are at higher risk for diabetes
- Family history of diabetes
- Being overweight
- Not exercising regularly
- Race and ethnicity - African Americans, Hispanic Americans and American Indians are more prone to develop Type 2 diabetes.
- History of gestational diabetes or giving birth to a baby who weighed more than nine pounds
- A low level of HDL (high-density lipoprotein – the “good cholesterol”)
- A high triglyceride level