



AMERICAN DIABETES MONTH

NOVEMBER 2018

WHAT IS DIABETES?

Most of the food we eat is turned into glucose for our bodies to use as energy. Diabetes is when the body does not properly process food as energy. Someone with diabetes either does not make enough insulin or cannot use the body's insulin as it should, which causes sugars to build up in the blood. Diabetes is a serious condition that can lead to heart disease, blindness, kidney failure, and lower-extremity amputations. In severe cases, diabetes may even cause death.

HOW IS DIABETES DIAGNOSED?

If you are experiencing symptoms of diabetes it is important to visit your doctor to test your blood glucose levels. If your doctor determines that your blood glucose levels are not within the ideal range, your doctor will likely require a second test is conducted before diagnosing diabetes.

If you are diagnosed with diabetes your doctor will work closely with you to develop a management plan.



SYMPTOMS:

- ⇒ Frequent urination
- ⇒ Excessive thirst
- ⇒ Unexplained weight loss
- ⇒ Extreme hunger
- ⇒ Sudden vision changes
- ⇒ Tingling or numbness in hands or feet
- ⇒ Feeling very tired
- ⇒ Very dry skin
- ⇒ Sores that are slow to heal
- ⇒ More infections than usual