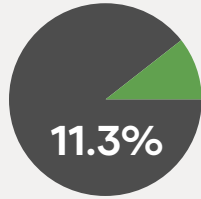


Diabetes WHAT YOU NEED TO KNOW

Diabetes is a condition in which your body does not produce enough insulin or cannot use it effectively, leaving too much sugar in the bloodstream and causing more health issues.

How Common is Diabetes?

The American Diabetes Association calls diabetes a "nationwide epidemic."



MORE THAN 37 MILLION CHILDREN & ADULTS (ABOUT 11.3%) IN THE U.S. HAVE DIABETES



WHAT'S THE DIFFERENCE?

Type 1 and Type 2 Diabetes

Type 1 diabetes is not currently preventable and thought to be caused by an autoimmune reaction that causes the pancreas to stop properly making insulin.

Type 2 diabetes typically develops over time as your cells become insulin resistant and can often be prevented or delayed with a balanced diet and staying active.

Insulin

A HORMONE THE PANCREAS USES TO CONVERT SUGAR (GLUCOSE) IN THE BLOODSTREAM INTO ENERGY



Risk Factors

FOR PREDIABETES & TYPE 2 DIABETES

#1 FAMILY HISTORY OF TYPE 2 DIABETES



#2 LESS THAN THREE DAYS OF PHYSICAL ACTIVITY



OVERWEIGHT



AGED 45+

#5 GESTATIONAL DIABETES DURING PREGNANCY



DID YOU KNOW?



In the U.S., more than 1 in 3 adults have prediabetes (blood sugar levels are higher than normal but lower than type 2 diabetes levels).

Symptoms of Diabetes



FREQUENT NIGHT TIME URINATION



FREQUENT THIRST



UNINTENTIONAL WEIGHT LOSS



EXTREME HUNGER



EXTREME EXHAUSTION



NUMB/TINGLING HANDS OR FEET



BLURRY VISION



SLOWLY HEALING SORES



VERY DRY SKIN



FREQUENT INFECTIONS

Williamson Health offers many educational and support programs for preventing and managing diabetes.



WHEN TO GET TESTED FOR DIABETES

Diabetes can be diagnosed through a blood test measuring your blood sugar levels. Talk to your doctor about testing if you:

- Are experiencing symptoms
- Exhibit more than one risk factor and have never been tested.

CALL TO LEARN MORE:
(615) 435-5580