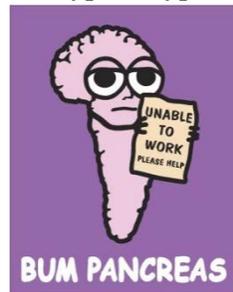


# Diabetes



**Diabetes is a disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose (sugar) in the blood.**

Diabetes can be broken down into two types, Type 1 and Type 2. Type 1 diabetes involves the body attacking itself by mistake, this then causes the body to stop making insulin. With Type 2 diabetes the body does not respond like it should to the insulin the pancreas is making. Your body tells the pancreas that it needs to make more insulin since the insulin that is already there is not working. The pancreas works very hard to create the insulin, but over time it is not able to keep up with what the body is telling it.



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## Early Signs and Symptoms of diabetes:

Early symptoms of diabetes, especially type 2 diabetes, can be subtle or seemingly harmless. Over time, however, you may develop diabetes complications, even if you haven't had diabetes symptoms. In the United States alone, more than 8 million people have undiagnosed diabetes, according to the American Diabetes Association. Understanding possible diabetes symptoms can lead to early diagnosis and treatment and a lifetime of better health. If you're experiencing any of the following diabetes signs and symptoms, see your doctor.



- **Excessive thirst and increased urination**
- **Fatigue**
- **Weight loss**
- **Blurred vision**
- **Slow-healing sores or frequent infections**
- **Tingling hands and feet**
- **Red, swollen, tender gums**



## Treatments:

- **Insulin therapy**
- **Oral medications**
- **Diet changes**
- **Exercise**

The medications you take vary by the type of diabetes and how well the medicine controls your blood glucose levels. Type 1 diabetics must have insulin. Type 2 may or may not include insulin and may just be controlled with diet and exercise alone.

**If you notice any of these changes notify your health care provider. The earlier the condition is diagnosed; the sooner treatment can begin. Diabetes is a serious condition. But with your active participation and the support of your health care team, you can manage diabetes while enjoying an active, healthy life.**