



DIABETES

WHAT IS IT?

Type I Diabetes

If you have type 1 diabetes, your pancreas doesn't make insulin or makes very little. Insulin is a hormone that helps blood sugar enter the cells in your body where it can be used for energy. Without insulin, blood sugar can't get into cells and builds up in the bloodstream.

Prediabetes

Prediabetes is a condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 88 million American adults—more than 1 in 3—have prediabetes.

Type II Diabetes

More than 34 million Americans have diabetes (about 1 in 10), and 90-95% of them have type 2 diabetes. Type 2 diabetes is when cells don't respond normally to insulin; this is called insulin resistance. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, leading to prediabetes/type 2 diabetes.

Gestational Diabetes

Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don't already have diabetes. Every year, 2% to 10% of pregnancies in the United States are affected by gestational diabetes. Managing gestational diabetes will help make sure you have a healthy pregnancy and a healthy baby.



SCAN FOR NURSE T'S WEBSITE



ARE YOU AT RISK?

- Are you overweight or obese?
- Do you have a sibling or parent with diabetes?
- Are you a man?
- Are you older?
- Do you have high blood pressure?
- Are you inactive?

Please visit doihaveprediabetes.org to take the complete risk test

SIGNS AND SYMPTOMS

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual



DO YOU KNOW WHEN TO SEE A DIABETES CARE AND EDUCATION SPECIALIST?

If you or a loved one has Diabetes and needs information, you may need to take Diabetes Self-Management Education Classes.

Contact the Hurley's Diabetes Programs for more information on insurance coverage and referrals.

Adult Diabetes Program
810.262.2310

Diabetes During Pregnancy Education Program
810.262.9126

Pediatric Diabetes Education Program
810.262.6162

DIABETES MANAGEMENT TIPS

- Test your blood sugar often and keep your levels within the range recommended by your doctor
- Learn about carbohydrate counting
- Pay attention to portion sizes
- Always use medications as prescribed by your doctor
- Keep a food journal
- Make your meals balanced – have a good mix of starches, fruit, vegetables, protein, and fats
- Avoid sugar-sweetened beverages
- Make and keep your exercise schedule
- Stay hydrated
- Be prepared with a small snack or glucose tablets in case your blood sugar level drops too low
- Wear a medical identification bracelet
- Be aware of the effects of alcohol on diabetes

