

What is Diabetes?

1. Diabetes is a disease in which the body does not produce insulin or use the insulin the body does make properly.
2. Insulin is a hormone that is made in the pancreas and helps your body use the glucose to provide energy for your body.
3. Most food is broken down into glucose or blood sugar.
4. Keeping the blood sugar in the recommended target range before and after meals is the key to managing diabetes and avoiding health problems.

Type 1 Diabetes

With type 1 diabetes, the body makes little or no insulin on its own. People with Type 1 diabetes need two or more insulin injections each day. About 1 in 10 people with diabetes have this type. It can develop in older adults, but it most often occurs in a child, adolescent, or young adult under 30 years of age.

Signs of Type 1 Diabetes:

- Increased thirst or hunger
- Frequent urination
- Rapid weight loss (even normally eating)
- Blurred vision
- Dizziness
- Itchy or dry skin
- Fatigue



Causes of Type 1 Diabetes

- There may be a history of diabetes in the family
- A virus injures the pancreas
- The body's immune system mistakenly destroys the insulin-producing cells in the pancreas

Type 2 Diabetes

Most people with diabetes have Type 2. With this type, the body usually makes insulin, but the insulin does not work the way it should. This is called insulin resistance. In some cases the body does not make enough insulin. Type 2 tends to occur in older adults. However, a growing number of children and adolescents are now developing Type 2 diabetes.

Signs of Type 2 diabetes

- Frequent urination and Increased thirst
- Slow healing cuts or sores
- Numbness or tingling in hands or feet
- Blurred vision and/or dizziness
- Itchy or dry skin
- Unexplained weight loss
- Fatigue
- Frequent infections



Symptoms usually develop over a long period of time. Many people with Type 2 diabetes initially have mild symptoms or no symptoms at all.

Causes of Type 2 Diabetes- While exact cause is unknown, Type 2 diabetes is more likely to occur in people:

- who are over 45 years old
- have a family history of diabetes
- are overweight or inactive
- and those who belong to a high risk ethnic or racial group (Native American, African American, Latino, Asian-American or Pacific Islander
- Children who are overweight and belong to high risk ethnic group
- Women who have a history of gestational diabetes or women who have delivered a large baby (greater than 9lbs.) are also more likely to develop Type 2 diabetes.

Gestational diabetes

Gestational diabetes is a form of diabetes that develops between 24-28 weeks of (the last trimester of pregnancy). Gestational diabetes starts when the body is not able to produce or use all of the insulin that it needs during the pregnancy due to the hormones of pregnancy. It usually goes away after the baby is born, but the mother is at high risk of developing type 2 diabetes within 10 years.



Pre-diabetes

Is a term to identify people that do not have diabetes but have blood glucose levels that are not in the normal range. There is good research to show that diabetes can be prevented or delayed. For some people with pre-diabetes, intervening early can actually return glucose levels to the normal range.

For information on diabetes prevention, call the National Diabetes Education Program at 1-800-438-5383, visit the website at www.ndep.nih.gov on the internet or attend the one hour Diabetes Prevention Class at Hillcrest Center for Diabetes Management (918 579-3385).