

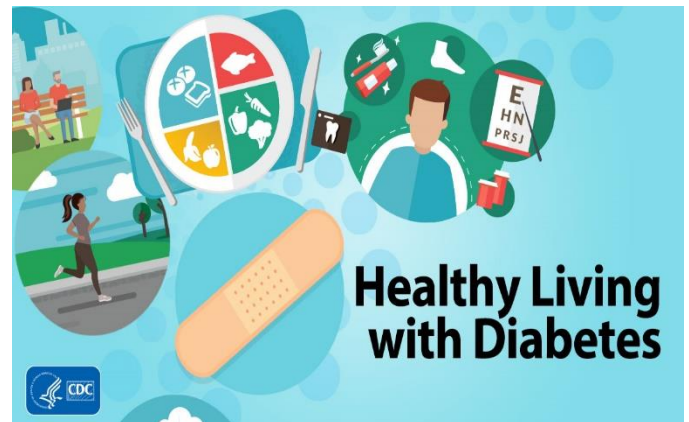
SETA

Wellness & Safety Awareness Monthly Blast



What is Diabetes?

Diabetes is a chronic condition associated with abnormally high levels of sugar (glucose) in the blood. Insulin produced by the pancreas lowers blood glucose. Absence or insufficient production of insulin, or an inability of the body to properly use insulin causes diabetes.



What Are the Symptoms?

Common symptoms of diabetes:

- Urinating often
- Feeling very hungry or thirsty
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

What Are the Different Types?

- **Type 2 Diabetes**
A chronic condition that affects the way the body processes blood sugar (glucose).
- **Type 1 Diabetes**
A chronic condition in which the pancreas produces little or no insulin.
- **Prediabetes**
A condition in which blood sugar is high, but not high enough to be type 2 diabetes.
- **Gestational Diabetes**
A form of high blood sugar affecting pregnant women.



STATISTICS OF DIABETES

Of the 30.3 million adults with diabetes, 23.1 million were diagnosed, and 7.2 million were undiagnosed. 1.5 million Americans are diagnosed with diabetes every year. In 2015, 84.1 million Americans age 18 and older had prediabetes.



5 Things You Might Not Know About Diabetes:

1. About one third of all people with diabetes do not know they have the disease.
2. Type 2 diabetes often does not have any symptoms.
3. Only about five percent of all people with diabetes have type 1 diabetes.
4. Diabetes is the leading cause of blindness in working-age adults.
5. People with diabetes are twice as likely to develop heart disease than someone without diabetes.

How to Live with Diabetes:

Balancing the food you eat with exercise and medicine (if prescribed) will help you control your weight and can keep your blood glucose in the healthy range. This can help prevent or delay complications. Many people with diabetes live long and healthful lives.

I MAY HAVE DIABETES...
BUT DIABETES DOES
NOT HAVE ME

Resources:

Joslin Diabetes Center

Website: https://www.joslin.org/info/10_Things_You_Might_Not_Know_About_Diabetes.html

Web MD

Website: <https://www.webmd.com/diabetes/guide/understanding-diabetes-symptoms#1>

American Diabetes Association

Website: <http://www.diabetes.org/diabetes-basics/statistics/>