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Symptoms of diabetes



Always thirsty



Always tired



Blurry vision



Sexual problems



Wounds that won't heal



Numbness or tingling in hands or feet



Vaginal infections



Frequent urination



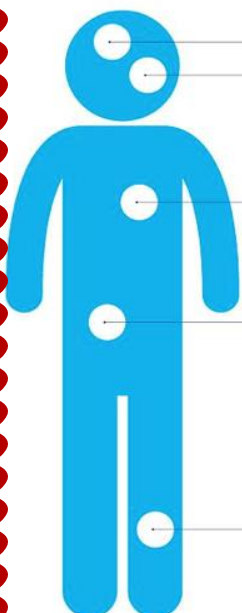
Always hungry



Systemic weight loss

Did you know?

Diabetes contributes to



30% of strokes

Leading cause of blindness

40% of heart attacks

50% of kidney failure requiring dialysis

70% of all non-traumatic leg and foot amputations

Diabetes Prevention



Check your blood sugar level



Lower your weight



Visit your primary care physician



Limit processed foods



Add more whole foods to your diet

MemorialCare



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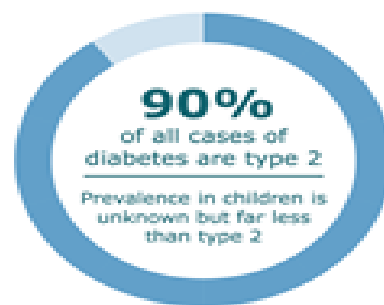
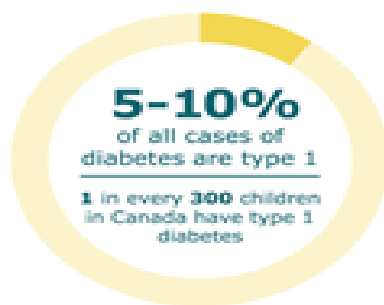
American Diabetes Month

DIABETES TYPE 1 VS TYPE 2

PREVIOUSLY KNOWN AS

- Insulin-dependent diabetes mellitus (IDDM)
 - Juvenile diabetes
 - Childhood diabetes
- Non-insulin dependent diabetes mellitus (NIDDM)
 - Adult-onset diabetes

RATE



INSULIN PRODUCTION

None or very little
when beta cells in the pancreas cannot produce insulin well



Too little or too ineffective
when the cells do not use insulin well (insulin resistance)

AGE OF DIAGNOSIS



Usually **ages 0-40**

Mostly young children or teens

Usually **ages 40+**

Mostly adults but increasingly occurring in children and teens who are overweight and obese



TREATMENT

- Healthy eating and meal planning
- Increased physical activity
- Blood sugar checks
- Insulin injections

- Healthy eating and meal planning for healthier weight and decreasing insulin resistance
- Increased physical activity
- Blood sugar checks
- Insulin injections may be needed
- Oral medication may be needed