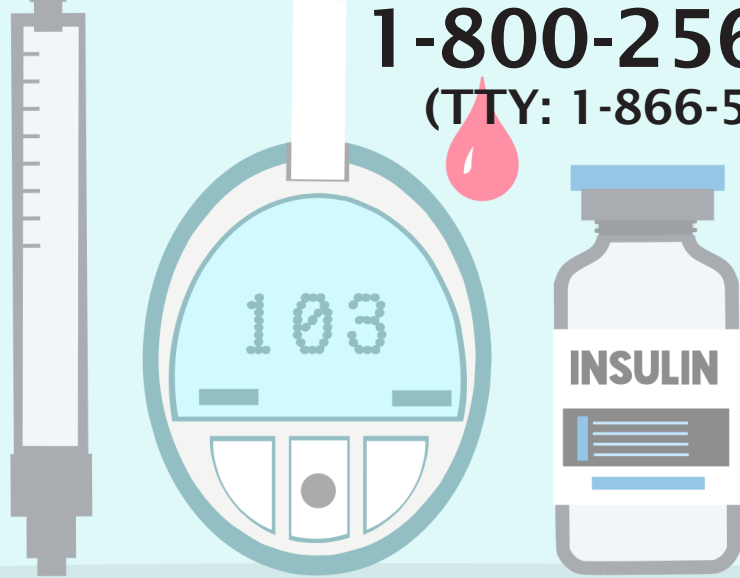


UNDERSTANDING & PREVENTING DIABETES

Make an appointment with your doctor,
or contact Sandhills Center:

1-800-256-2452
(TTY: 1-866-518-6778)



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*There are two types of diabetes conditions that
may affect you. Learn more about them here so
that you can possibly prevent the disease.*

WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is a disease that starts when the pancreas, an organ in your body, stops making a hormone called insulin. Insulin helps your body use sugar (glucose) from your food as energy or store it for later use. If you do not have insulin, too much sugar stays in your blood. Over time, high blood sugar can harm many parts of the body, such as the eyes, heart, blood vessels, nerves and kidneys. Type 1 diabetes can occur at any age, but it usually starts in children or young adults. It is a lifelong disease. With treatment and a healthy lifestyle, you can live a long and healthy life.

WHAT ARE THE SYMPTOMS OF TYPE 1 DIABETES?

Symptoms may include urinating (going to the bathroom) often, being very thirsty, losing weight without trying, being hungrier than usual, and having blurred vision.

Symptoms are caused by high blood sugar. They usually develop quickly, over a few days to weeks. At first, symptoms may be overlooked or mistaken for other illnesses, like the flu.

HOW IS TYPE 1 DIABETES DIAGNOSED?

Your health care provider will ask you about your past health and do a physical exam. They also will do a blood test.

More information on the next page -->

HOW IS TYPE 1 DIABETES TREATED?

Treatment focuses on keeping blood sugar levels within a target range and doing things to reduce problems. To control your blood sugar, you may take insulin, make healthy food choices, check blood sugar levels several times a day, and get regular exercise.

HOW CAN YOU PREVENT PROBLEMS?

Keep your blood sugar in a target range. Get regular check-ups with your health care provider to look for complications. If treated early, problems caused by type 1 diabetes possibly can be stopped, slowed or reversed.

WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is caused by having too much blood glucose. Glucose is a type of sugar produced in your body when certain foods are digested. Glucose gives energy to the cells throughout your body. Normally, blood sugar levels increase after you eat a meal. When blood sugar rises, insulin is released by the pancreas. Insulin is an important hormone. When insulin is released, your body can absorb sugar from the blood to lower blood sugar levels to normal.

When you have type 2 diabetes, your body can't use insulin the right way. Glucose stays in the blood rather than going to the body's cells to be used for energy. This results in high blood sugar. Over time, high blood sugar can harm many parts of the body such as your eyes, heart, blood vessels, nerves and kidneys. It also can increase your risk for other health problems.

WHAT CAUSES TYPE 2 DIABETES?

Type 2 diabetes can occur when your blood sugar stays too high for too long. It happens when your body can't use insulin the right way. Over time, your body cannot make enough insulin.

WHAT ARE THE SYMPTOMS OF TYPE 2 DIABETES?

You may have symptoms of high blood sugar like feeling very thirsty or very hungry. You also may urinate more often than usual, have blurry vision, or lose weight without trying. You are not likely to get symptoms of low blood sugar unless you take insulin or use certain diabetes medications that lower blood sugar.

HOW IS IT DIAGNOSED AND TREATED?

If your health care provider thinks you might have type 2 diabetes, you will be given a test to measure the amount of sugar in your blood. Your health care provider also will ask you questions about your medical history and do a physical exam.

Treatment may change over time, but the focus will be to keep your blood sugar levels in a target range. You will have to make some changes to your daily habits. For example, you may have to watch what you eat, take medicine every day, and watch for other health problems.

HOW TO PREVENT TYPE 2 DIABETES

Most often, your best chance for preventing the disease is to make changes that work for you long-term. Here are some ways you can lower your risk:

- Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- Get at least 30 minutes of exercise five days a week. Talk to your health care provider about the type of exercise that may be right for you. Start slowly to build up to your goal.
- Eat healthy foods and drink water instead of sweetened beverages. Eat smaller portions to reduce the amount of calories you eat each day. Choosing foods with less fat is a way to reduce calories.