



All About Diabetes



Type 1 Diabetes

If you have type 1 diabetes, your pancreas doesn't make insulin or makes very little insulin...

...Your body needs insulin to help glucose (or sugar) get from your blood into your cells for energy

Without insulin, blood sugar can not get into cells and builds up in the bloodstream causing your blood sugar to rise and you to get sick.



Signs & Symptoms

Diet and lifestyle habits don't cause type 1 diabetes.

Symptoms:

- Abnormal Thirst & Dry Mouth
- Frequent Urination
- Lack of Energy
- Blurred Vision
- Constant Hunger
- Sudden Weight Loss
- Bed Wetting

Some type 1 diabetes symptoms are similar to symptoms of other health conditions.

Don't guess! If you think you could have type 1 diabetes, see your doctor to get your blood sugar tested.



Type 2 Diabetes

If you have type 2 diabetes, your cells don't respond normally to insulin & your pancreas makes more insulin to try to get your cells to respond...

...Eventually, your pancreas can't keep up, and your blood sugar rises, causing type 2 diabetes

When your body becomes insulin resistant, glucose has problems entering your cells which causes your blood sugar levels to rise



You can prevent or delay type 2 diabetes with proven lifestyle changes like losing weight (if you're overweight), eating a healthy diet & being physically active

Signs & Symptoms

You are at risk of type 2 diabetes if you...

- Have prediabetes
- Are overweight
- Are 45 years or older
- Have a parent or sibling with type 2 diabetes
- Are physically active less than 3x a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9lbs
- Are African American, Hispanic or Latino, Native American, or Alaskan Native



Symptoms:

- Excessive Thirst & Dry Mouth
- Frequent & Abundant Urination
- Lack of Energy
- Tiredness
- Blurred Vision
- Recurrent Skin Fungal Infections
- Slow Healing Wounds
- Tingling or Numbness in Hands & Feet

What is Prediabetes?

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes.

If you have prediabetes, the cells in your body don't respond normally to insulin & your pancreas makes more insulin to try to get cells to respond...soon your pancreas can't keep up & your blood sugar begins to rise...setting the stage for type 2 diabetes.



Prediabetes Risk Factors

You can prevent or reverse prediabetes with proven lifestyle changes like losing weight (if you're overweight), eating a healthy diet & getting regular physical activity

You're at risk of prediabetes if you...

- Are overweight
- Are 45 years or older
- Have a parent or sibling with type 2 diabetes
- Are physically active less than 3x a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9lbs
- Have polycystic ovary syndrome

Race is also a factor...if you are African American, Hispanic or Latino, Native American, or Alaskan Native you are at a higher risk of prediabetes



Testing Your Blood Sugar

An essential part of managing your diabetes is frequently testing your blood sugar levels to help avoid highs and lows

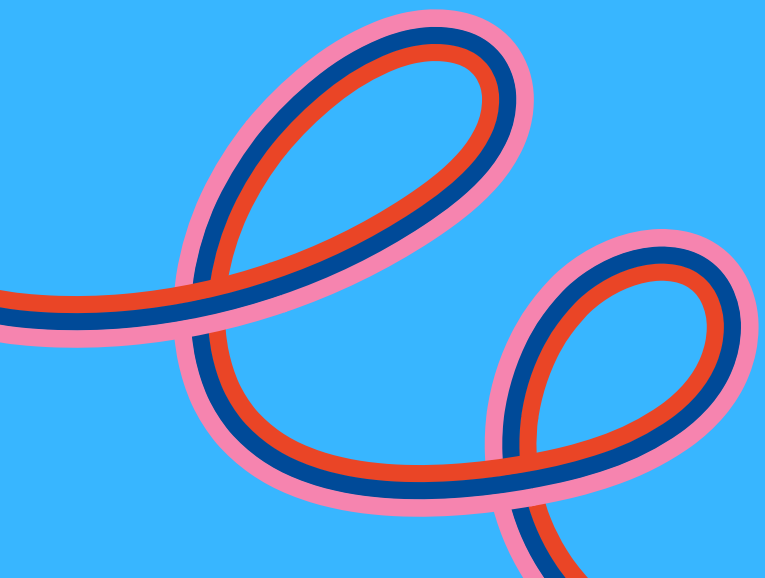
When To Test:

- Before a main meal
- Before bed
- If you feel unwell
- Before or after physical activity
- If you feel any hypoglycemia warning signs
 - See page 10 for more details -
- Any time you feel your blood sugar is too high or too low



How To Test:

- Wash your hands
- Prick the side of your finger to minimize pain
- Insert a test strip into your blood glucose meter
- Apply a drop of blood to the test strip & the meter will automatically read the test results
- Make a note of all the test results in a journal – this will help you and your diabetes team to establish your pattern of blood sugar levels

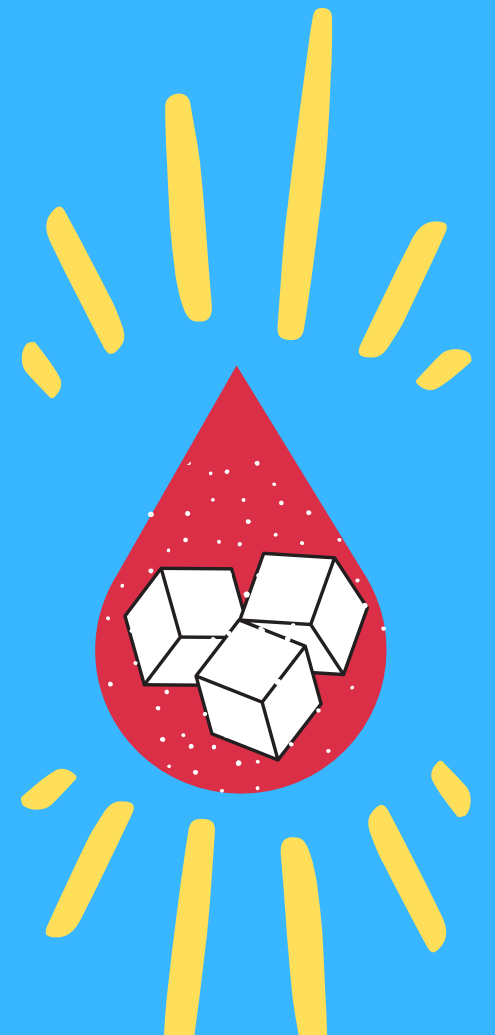


Hypoglycemia

Hypoglycemia occurs when your blood sugar level is too low, usually below 4mmol/L.

Signs Of Low Blood Sugar:

- Feeling Shaky
- Feeling Disoriented
- Sweating
- Being Anxious or Irritable
- Going Pale
- Palpitations & A Fast Pulse
- Lips Feeling Tingly
- Blurred Vision
- Feeling Hungry
- Feeling Tearful
- Tiredness
- Headache
- Lack of Concentration
- Night Sweats



Why Does Hypoglycemia Happen?

Some things that make hypoglycemia more likely are...

- Missing or delaying a meal or snack
- Not having enough carbohydrates at your last meal
- Doing a lot of exercise without having extra carbohydrates or without reducing your insulin dose (if you take insulin)
- Taking more insulin (or other diabetes medications) than you need
- Drinking alcohol on an empty stomach

Hypoglycemia can happen quickly! It's important to know what the signs are and what to do in case it develops.



When To Go To The Doctor's Office

Every 3 Months:

A1C Test - If your treatment has changed or if you're having trouble meeting your blood sugar goals, have this test every 3 months

Doctor Visit - your blood pressure and weight will be checked, and your self-care plan and medicines will be reviewed

Every 6 Months:

Dental Exam - Get your teeth and gums cleaned at least once a year (more often if your doctor recommends), and let your dentist know that you have diabetes

A1C Test - If you're meeting your treatment and blood sugar goals have this test every 6 months

Doctor Visit - If you're meeting your treatment goals, visit your doctor every 6 months. Your blood pressure and weight will be checked, and your self-care plan and medicines will be reviewed. Ask your doctor to check your feet if you've ever had diabetes-related foot problems



Every Year:

- Flu Vaccine -
- Kidney Tests -
- Cholesterol Test -
- Hearing Check -

Dilated Eye Exam - You may need this exam more often if you have diabetes-related eye problems

Complete Foot Check - You may need this foot check more often if you have ever had diabetes-related foot problems.

Just Once:

Pneumonia Vaccine - Get a pneumonia vaccine as an adult before you're 65 (you'll need two more doses when you're 65 or older)

Hepatitis B Vaccine - Get a hepatitis B vaccine if you're 60 or younger and haven't had the vaccine before. Talk to your doctor about getting the vaccine if you're over 60.



Check Yourself Everyday

Blood Sugar Checks

Check up to several times a day as directed by your doctor. Keep a record of your numbers and share with your health care team during your next visit.

Foot Check

Use a mirror if you can't see the bottom of your feet or ask a family member for help. Let your doctor know immediately if you have any cuts, redness, swelling, sores, blisters, corns, calluses, or other changes to the skin or nails.

Diabetes Medicines

Take the amount prescribed by your doctor, even when you feel good.

Physical Activity

Get at least 150 minutes a week of moderate activity, such as brisk walking or riding a bike.

Healthy Eating

Eat healthy foods that give you the nutrition you need and help your blood sugar stay in your target range.



Thank You For Your Interest!

For any questions & more information visit our website:

<https://indianactsi.org/community/initiatives/cardiovascular-and-diabetes-coalition-of-indiana/>



Resources:

<https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/testing-blood-glucose#whentest>

<https://www.cdc.gov/diabetes/managing/care-schedule.html>

<https://www.cdc.gov/diabetes/managing/index.html>

<https://www.cdc.gov/diabetes/basics/what-is-type-1-diabetes.html>

<https://www.cdc.gov/diabetes/basics/type2.html>

<https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos>

<https://kidshealth.org/en/parents/treating-type1.html>

<https://kidshealth.org/en/parents/treating-type2.html?ref=search>



Community Health
Partnerships

Indiana Clinical and Translational
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CADI
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