

What is Diabetes?

Diabetes is when your blood sugar is too high. Since our bodies need sugar for energy, sugar is always in our blood. Too much is not good and leads to diabetes and its complications.

Could you have Diabetes?

Diabetes is a silent disease. You could have it for years and never know it. During this time, your eyes, nerves, and kidneys may be harmed by too much sugar in your blood.

Who is at risk for Diabetes?

Risk for diabetes increases as you age, gain too much weight, or do not stay active. Diabetes is more common in Native Americans, African Americans, Latinos, Asian Americans and Pacific Islanders. Risk factors for diabetes include:

- High blood pressure or high cholesterol
- Family history of diabetes.
- Diabetes while pregnant (Gestational Diabetes) or a baby more than 9 pounds at birth.
- Overweight, especially with fat around the abdomen.

Don't wait for the signs

Most people with diabetes do not notice any symptoms. However, if you should have any of these symptoms, call your healthcare provider right away.

- General ill feeling, fatigue
- Very thirsty
- Frequent urination
- Excess hunger
- Losing weight without trying
- Blurred vision
- Frequent infections (e.g. urinary tract) and yeast infections of the skin, mouth or vagina.

Research has shown that if you take action, make little changes in your lifestyle to control your blood glucose, you can delay or prevent type 2 diabetes from developing.

What can you do?

You can lower your risk for pre-diabetes by:

- Keeping your weight in control
- Eating low fat meals that are high in fruits, vegetables and whole grain foods
- Staying active most days of the week

What is Pre-Diabetes?

Pre-Diabetes is when the blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Long-term damage to the body may already be occurring. Especially heart disease and damage to the nerves. Without awareness, lifestyle changes and medical attention you may eventually develop diabetes.

Learn More. Get Involved. Take Action.

Could you be at risk for diabetes? Take this quick risk test.

Are you overweight?	Y	N
Do you have high blood pressure (at or above 130/80)?	Y	N
Do you get little or no exercise?	Y	N
Are you 65 or older?	Y	N
Does your sister or brother have diabetes?	Y	N
Do you have a parent with diabetes?	Y	N
Are you a woman who has had diabetes during pregnancy or a baby weighing more than 9 pounds at birth?	Y	N

If you answered Y (yes) to 2 or more of these, you might be at risk for developing diabetes. Only your health care provider can determine if you have diabetes or even pre-diabetes. If you think you are at risk, see your healthcare provider as soon as possible to find out for sure.

Facey offers a complete program for diabetes and pre-diabetes. For information, call 866-837-5605.