



## Fact Sheet

# Diabetes

### What is it?

Diabetes is a disease that occurs when a person's body does not make enough of the hormone insulin or cannot use insulin properly. There are 2 types of diabetes. Type 1 diabetes occurs when your body's pancreas does not produce any insulin. Type 2 diabetes occurs when the pancreas either does not produce enough insulin or your body's cells ignore the insulin. Between 90% and 95% of people who are diagnosed with diabetes have type 2 diabetes.

### Risk Factors

- Genetics and family history
- Diseases of the pancreas
- Obesity or being overweight
- Insulin resistance
- Ethnic background
- High blood pressure

### What are the symptoms?

Diabetes symptoms vary depending on how high your blood sugar is elevated. Some signs and symptoms are; increased thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, blurred vision, slow-healing sores, mild high blood pressure, and frequent infections, such as gum and skin infections.

### How is it diagnosed?

All you need is a simple blood test to find out if you have diabetes. The two types of tests used are *Fasting Plasma Glucose* and *Casual/Random Glucose*. Fasting Plasma Glucose is taken in the morning, on an empty stomach. A level of 126 mg/dl or above on more than one occasion, indicates diabetes. Casual/Random Glucose can be taken anytime during the day, without fasting. A glucose level of 200mg/dl and above may suggest diabetes.

### Complications

- Cardiovascular disease
- Eye disease, including blindness
- Kidney damage/failure
- Nerve damage, neuropathy
- Infections of the mouth, gums, lungs, feet, and genital areas.

### How to treat it?

- Monitor your blood sugar regularly
- Utilize blood testing
- Take your medication as prescribed
- Develop a personal meal plan
- Lose weight if you are overweight