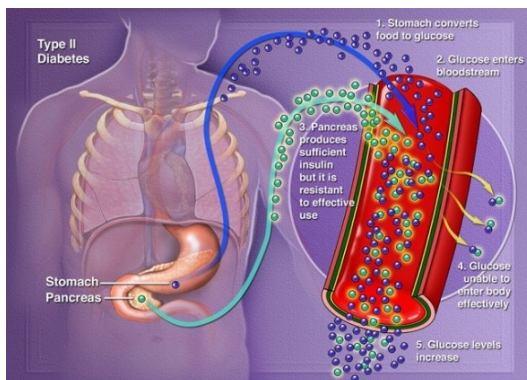




Resources

Back Panel Heading

Diabetes is basically a metabolic disorder caused by a shortage or lack of insulin. In patients with Type 1 diabetes, also known as Juvenile Diabetes, the pancreas will fail to produce sufficient levels of insulin. With Type 2, also known as Adult-onset Diabetes, the problem is insulin resistance, this is when the cells in your body will not accept and use the insulin like it is supposed to. Occasionally, pregnancy can cause a form of diabetes in women called gestational diabetes that will last through the term of the pregnancy.



American Diabetes Association

1701 North Beauregard Street

Alexandria, VA 22311

1-800-DIABETES (800-342-2383)

AskADA@diabetes.org

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

800-CDC-INFO (800-232-4636)

TTY: (888) 232-6348

cdcinfo@cdc.gov

Type 2 Diabetes



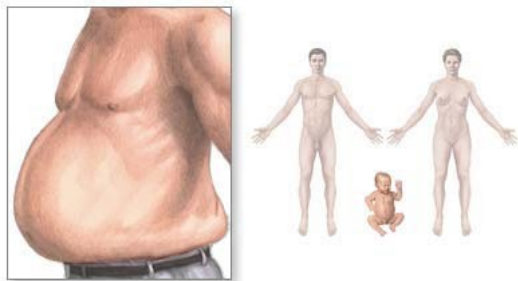


Type 2 Diabetes

Diabetes can be passed on genetically but it can also be a result of bad lifestyle choices. Many risk factors can lead to type 2 diabetes; such as obesity or lack of physical activity, a family history of diabetes, a history of gestational diabetes, high blood pressure, ethnicity and more. Some past health diagnoses can also increase the risk of Type 2 Diabetes; such as high blood pressure, Polycystic Ovary Syndrome, Acanthosis Nigricans and more.

Call 911 right away if you experience any of the following:

- ◆ Chest pain or pressure
- ◆ Fainting or unconsciousness
- ◆ Seizure
- ◆ Shortness of breath

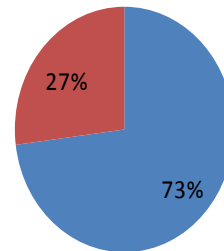


Being overweight and heredity are two risk factors for diabetes



Diabetes affects 25.8 million people of all ages 8.3% of the U.S. population

■ Diagnosed ■ Undiagnosed



Symptoms

- ◆ Frequent urination
- ◆ Unusual thirst
- ◆ Extreme hunger
- ◆ Unusual weight-loss
- ◆ Extreme fatigue and irritability
- ◆ Frequent infections
- ◆ Blurred vision
- ◆ Cuts or bruises that are hard to heal
- ◆ Tingling and numbness in the hands and feet
- ◆ Recurring skin, gum, and bladder infections

Treatments and Remedies

While there is currently no cure for diabetes, there are treatments that are found to be very helpful. Most importantly, doctors recommend that a healthy diet and a good exercise regimen can be a great start to managing diabetes. There are also medications that are found to help.

Some remedies that can help during a diabetic emergency are to eat if possible. If the emergency has gone too far for the patient to feed themselves, it has been recommended to squeeze a packet of honey into the mouth. This will be absorbed into the bloodstream quickly and help balance the blood sugar levels.

