

DIABETES

Know the symptoms



Diabetes develops when the pancreas does not make enough insulin, or the insulin it does make can't be properly used. As a result, high levels of sugar (glucose) remain in the bloodstream.

High blood sugar can damage blood vessels, leading to blindness, kidney and heart disease, stroke and amputation.

- 25.8 million children and adults in the U.S. have diabetes
- Close to 30% do NOT know they have diabetes
- 79 million people have prediabetes, when blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes

Diabetes cannot be cured ... but it can be controlled

Find out if you are at risk. Family history of diabetes, age, race or ethnic background, and your medical history are all uncontrollable risk factors. But ... you can lower your risk:

- **Lose a little weight.** The weight you think is normal for you may not be a healthy weight. You can prevent or delay type 2 diabetes by losing as little as 10 pounds.
- **Make healthy food choices.** Choose more fruits, vegetables, fish, lean meats, whole grains, and low fat dairy products. Eat fewer fatty and fried foods. Serve smaller portions. Drink more water.
- **Exercise.** Choose an activity you enjoy ... then do it! Try to be active for 30 minutes a day on most days of the week to help you lose weight and stay healthy.

Type 2 diabetes (the most common type of diabetes) often comes on so gradually that there may be no symptoms, or symptoms may not even be recognized.

While people can live for months, even years, without knowing they have diabetes, the disease can still do damage. Ask your health care provider about simple screening tests for diabetes.

Diabetes Information

American Diabetes Association

www.diabetes.org ■ 800.DIABETES (342.2383)

PubMed Health (National Library of Medicine)

www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002194

WebMD

<http://diabetes.webmd.com>

Mayo Clinic

www.mayoclinic.com/health/diabetes/DS01121

National Diabetes Education Program

www.ndep.nih.gov ■ 800.438.5383

Diabetes Programs

Princeton HealthCare System

www.princetonhcs.org ■ 866.460.4776
Diabetes Management Program
609.497.4372

RWJ Medical Center - Hamilton

www.rwjhamilton.org
Diabetes Care and Self Management
609.586.7900

Capital Health

www.capitalhealth.org ■ 609.394.6000
The Diabetes Center (Hamilton)
609.896.5972