



# November is Diabetes Awareness Month



**Public Health**  
Prevent. Promote. Protect.

'Diabetes' refers to a group of diseases that affect how your body uses blood glucose.

If you have diabetes, no matter what type, it means you have too much glucose in your blood (high blood sugar), although the causes may differ.

## What causes glucose in your blood?

All **carbohydrates** break down into glucose in the blood, your body's main source of energy.

## What is insulin?

Insulin is the hormone, naturally produced by the Pancreas to help the body use glucose in the blood as energy.

When a healthy individual eats carbohydrates, the pancreas produces enough insulin to efficiently use the glucose as energy.

Since they do not make insulin on their own, type 1 diabetics need administer insulin every time they consume carbohydrates in order to use the glucose in their blood as energy and avoid high blood sugar.

Type 2 diabetics may still produce insulin and can manage high blood sugar with oral medications and increasing insulin sensitivity in order to more efficiently use glucose in their bodies. When a type 2 diabetic increases insulin sensitivity, they are decreasing insulin resistance.

## What's the difference?:

### Type 1

Autoimmune Disease

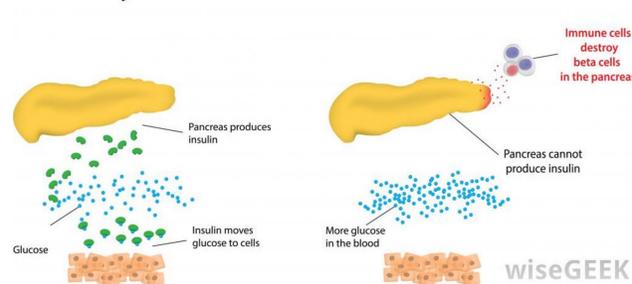
No longer produces insulin

Diet, exercise, or other lifestyle changes cannot reverse the condition

Beta cells have been destroyed

Dependent on insulin for the rest of their lives

Healthy



#### Prevention:

Cannot be prevented and there is no known cause

Is NOT caused by too much sugar in the diet

Can be at increased risk with a family history of type 1

There is no known cure and cannot be reversed

### Type 2

Insulin Resistance

Doesn't produce enough insulin or the body is resistant to it

Diet, exercise, and oral medications can help the body produce insulin more effectively

Beta cells deteriorate over time

Insulin Injections May Be required at some point



#### Prevention:

Can be prevented with a healthy diet and active lifestyle, therefore increasing the way glucose is used as energy in the body (increasing insulin sensitivity and reducing insulin resistance)

Those who have a family history of type 2 diabetes are at greater risk for developing type 2

Has the potential to be reversed

## Know the signs and symptoms:

### DIABETES SIGNS AND SYMPTOMS



\* Images marked with an asterisk are more common in type 1 diabetes

Tell your doctor right away if you or a loved one is showing a combination of these signs and symptoms. It can save a life!

Complications from prolonged high blood sugar levels can be life threatening such as Diabetic Ketoacidosis (more immediate and common in type 1), nerve damage that leads to vision complications, necrosis and permanent damage to vital organs.

## For More information

Call the West Windsor Health Department at 609-799-2400  
Created by the West Windsor Health Department  
Serving West Windsor, Robbinsville and Hightstown