

June 2007

8 - 14 July 2007: NATIONAL DIABETES WEEK

what is diabetes?

Diabetes is a set of related diseases in which the body cannot regulate the **amount of sugar (glucose) in the blood.**

common symptoms of both major types of diabetes ...

- *Poor wound healing.*
- *Excessive eating with minimal weight gain or unexplained weight loss.*
- *Excessive urination.*
- *Blurry vision.*
- *Altered mental status: Agitation, unexplained irritability, inattention.*
- *Excessive thirst.*
- *Fatigue.*

how do you prevent diabetes?

Research currently indicates there is **no prevention of Type 1 diabetes.**

Type 2 diabetes, however, can be prevented in some cases by lifestyle modification and/or medications:

- *Control weight to normal or near-normal levels.*
- *Regular exercise.*
- *Keep alcohol consumption low.*
- *Quit smoking.*
- *Take medication as directed if you have high cholesterol or high blood pressure.*

Type 1 is believed to be an autoimmune disease. The body's immune system attacks the cells in the pancreas that produce insulin.

- A predisposition to develop type 1 diabetes may run in families but much less so than for type 2.

- Environmental factors, such as certain types of viral infections, may also contribute.

- Type 1 diabetes is slightly more common in men than in women.

Type 2 diabetes is believed to have a strong genetic link. Risk factors for developing type 2 diabetes include the following:

- High blood pressure.
- High blood triglyceride (fat) levels.
- Gestational diabetes.
- High-fat diet.
- High alcohol intake.
- Sedentary lifestyle.
- Obesity or being overweight.
- Aging: Increasing age is a significant risk factor.

If you experience any combination of the listed symptoms please seek medical attention as soon as possible.