

**March 28th is  
Diabetes Alert  
Day**

# Dealing with Diabetes

**Signs and Symptoms**

- *Frequent Urination*
- *Excessive Thirst*
- *Extreme Hunger*
- *Unusual Weight Loss*
- *Irritability*
- *Blurry Vision*

**Risk Factors**

- *A Family History of Diabetes*
- *You are Overweight*
- *You are over age 45*
- *You are female with a history of gestational diabetes and/or you had at least one baby that weighed more than 9 pounds*
- *You had a virus that injured the pancreas gland*

**Testing Recommendations**

- *See your health care provider if you experience any signs or symptoms*
- *Health organizations recommend you get tested every 3 years*

Diabetes can be a very serious, life threatening condition. Untreated, diabetes can lead to hardening of the arteries, stroke, kidney failure, blindness, etc. Whether you have Type 1, Type 2 or pre-diabetes, It is important to understand the warning signs and symptoms and manage controllable risk factors to help delay or prevent diabetes.



**Type 1:** The pancreas gland makes no insulin or very small amounts. Often the pancreas has fewer cells that make insulin. This type most often occurs in children and young adults. It can happen at any age.

**Type 2:** The pancreas does not make enough insulin or the body does not use insulin the right way. Often, this occurs in persons who are over age 40, are overweight, and/or who do not exercise.

**Pre-diabetes:** Blood glucose levels are higher than normal. Many people with this develop Type 2 diabetes within 10 years.

**Diabetes Self Care & Prevention Practices**

- Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight can reduce the risk of diabetes by 58%
- Consume at least 20-35 grams of dietary fiber per day
- Limit your intake of saturated and trans-fats
- Reduce the amount of alcohol and sweets in your diet
- Incorporate the right amount of aerobic exercise, strength training, and flexibility exercises into your daily routine.
- Consult your physician on the best health care practices specifically for you whether you have dia-

**ONLINE RESOURCES:**

- [www.diabetes.org](http://www.diabetes.org)
- [www.niddk.nih.gov](http://www.niddk.nih.gov)
- [www.medlineplus.gov](http://www.medlineplus.gov)
- [www.aipm.com](http://www.aipm.com)