



Diabetes Awareness

What is Diabetes?

Diabetes is a disease in which the sugar concentrations in your blood get too high. If your body cannot store or use sugar properly, then it builds up in the blood and can negatively affect blood vessels, nerves, and other tissues. If left untreated, it can cause serious damage to organs such as your heart, kidneys, or eyes, so it's very important to monitor your blood sugar.

Type 1 vs. Type 2 – What's the Difference?

Type 1 diabetes used to be referred to as “Child Onset Diabetes” as it is an autoimmune disorder that typically develops very early in life. This type of diabetes is characterized by the body's inability to produce sufficient insulin. Insulin is the hormone that shuttles sugar into cells for use as energy or for storage. When there isn't enough insulin, sugar builds up in the blood and over time, can cause a variety of health problems.

Type 2 diabetes, sometimes called “Adult Onset Diabetes,” is typically a disease of lifestyle and is usually preventable by maintaining healthy behavior. This type of diabetes is characterized by the body's inability to respond to insulin, also called “insulin resistance”. The body is producing insulin (unlike in Type 1), but does not recognize it and thus cannot effectively remove sugar from the blood.

Risks of Diabetes¹

- Heart attacks and Strokes: An Estimated 68% of diabetics die from heart disease or stroke
- Kidney Failure: Up to 48,374 annual cases of kidney failure leading to dialysis
- Amputations: As many as 65,000 annual cases of non-traumatic leg amputations
- Blindness: 4.2 million cases of diabetic retinopathy, a leading cause of blindness
- Nerve Damage: Almost 30% of diabetics age 40 and over have impaired sensation in their feet.

The key to success begins with early detection and treatment, and staying engaged with your doctor in your ongoing care. Diabetes can be managed, so be proactive!

Resources:

- National Diabetes Education Program: <https://www.niddk.nih.gov/health-information/health-communication-programs/ndep/Pages/index.aspx>
- American Diabetes Association: <http://www.diabetes.org>

Sources:

1. <http://www.cdc.gov/diabetes/pdfs/data/2014-report-estimates-of-diabetes-and-its-burden-in-the-united-states.pdf>

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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Screening Recommendations

The American Diabetes Association recommends diabetes screening for adults starting at age 45, or earlier if the adult has a Body Mass Index (BMI) ≥ 25 and other diabetes risk factors.