

Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention
Section, Forsyth County Department of Public Health



Diabetes Awareness

What is Diabetes?

The Centers for Disease Control and Prevention (CDC) defines diabetes as a disease in which blood glucose levels are above normal. The majority of the food we eat is turned into glucose, or sugar. Our body uses glucose for energy. The pancreas produces a hormone called insulin. Insulin helps get glucose into the cells of our bodies. When you have diabetes your body doesn't produce enough insulin or can't use the insulin as well. The lack of insulin causes sugar to build up in your blood.

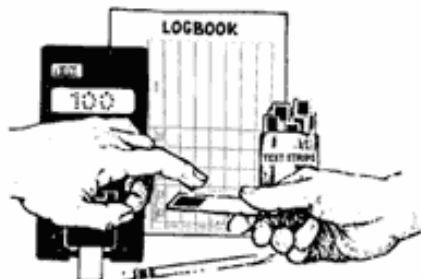
Fast Facts!

- In 2010, North Carolina ranked 13th highest in adult diabetes prevalence among all states in the U.S.
- Diabetes is increasing in NC; According to the NC Diabetes Prevention and Control Branch (NCDPCB) Forsyth County had an 8.7 prevalence rate
- Diabetes affects 25.8 million people — 8.3% of the U.S. population
- Diabetes is a major cause of heart disease and stroke
- Diabetes is the leading cause of kidney failure, non-traumatic lower limb amputations, and new cases of blindness among adults in the United States
- Diabetes is the seventh leading cause of death in the United States

What are the symptoms of diabetes?

People who think they might have diabetes must visit a physician for diagnosis. They could have some or none of the following symptoms:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Sudden vision changes
- Unexplained weight loss
- Tingling or numbness in hands or feet
- Sores that are slow to heal
- Feeling very tired most of the time
- More infections than usual
- Very dry skin



Types of diabetes:

Type 1 diabetes was previously called insulin dependent diabetes mellitus (IDDM) or juvenile-onset diabetes and accounts for about 5% of all diagnosed cases of diabetes. Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that produce insulin. This form of diabetes usually affects children and young adults, however, disease onset can occur at any age.

Type 2 diabetes was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes and accounts for about 90% to 95% of all diagnosed cases of diabetes. Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity.

Gestational diabetes is a form of diabetes that only affects pregnant women. If not treated, it can cause problems for the mother and child. Gestational diabetes develops in 2% to 10% of all pregnancies and generally disappears when the pregnancy is over.

Other specific types of diabetes result from specific genetic conditions, surgery, drugs, malnutrition, infections, pancreatic disease, and other illnesses. Such types of diabetes account for 1% to 5% of all diagnosed cases of diabetes.

Managing diabetes

Individuals with type 1 diabetes can manage their diabetes through healthy eating, physical activity, and insulin injections. The amount of insulin taken must be balanced with food intake. Blood glucose should be monitored frequently. People who have type 2 diabetes should also use healthy eating and physical activity to help manage their diabetes. In addition, many people with type 2 diabetes require oral medication or insulin injections to keep their blood glucose levels under control. People with diabetes must take responsibility for their day to day care, and keep blood glucose levels maintained.

When diabetes is not managed it can lead to serious complications such as, heart disease, stroke, blindness, kidney disease, nervous system damage, and lower limb amputations. It is important to talk with your health care provider to manage your diabetes properly.