

DIABETES

Diabetes Mellitus is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Diagnosing Diabetes

Fasting Blood Sugar of 100 mg/dl or higher is **Pre-diabetes**.

Fasting Blood Sugar of 126 mg/dl or higher or if you have 2 random blood sugars of 200 mg/dl is **diabetes**.

Type I (Juvenile Diabetics) are not usually overweight but have high blood sugars and may burn ketones (acids) when they are not making enough insulin to get glucose into their cells.

Diet controlled and/or controlled by medicine (oral or insulin) who are **insulin resistant** are **Type II**.

High Risk Categories

Non-white

Overweight

Family history

>9 pounds at birth

Provided by Community of Christ Health Ministries Association

www.HMACofChrist.org 816-833-1000 ext 2262

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Diet controlled, overweight, and/or on oral agents or insulin that are **insulin resistant** is **Type II** category.

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The Facts:

20.8 million in USA have diabetes

6.2 million of these are not diagnosed yet

In 2005 there were 1.5 million new cases in adults 20 or older

Two million adolescents (**1 in 6 overweight adolescents**) aged 12-19 have pre-diabetes.

Men now outnumber women with this disease.

In 2002, 1 of 10 healthcare dollars was spent on diabetes

Signs and Symptoms

Frequent urination

Extreme thirst

Unusual hunger

A sore that won't heal

Exhaustion or weakness

Weight loss

Fruity-smelling breath

Blurry vision

PREVENTION

Exercise and/or Increased Activity

Weight loss

30 minutes of moderate physical activity coupled with a 5-10% reduction in body weight resulted in a 58% reduction of diabetes.

Compiled by Diana Guthrie, ARNP, Diabetic Educator

Call American Diabetes Association or do to www.diabetes.org

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