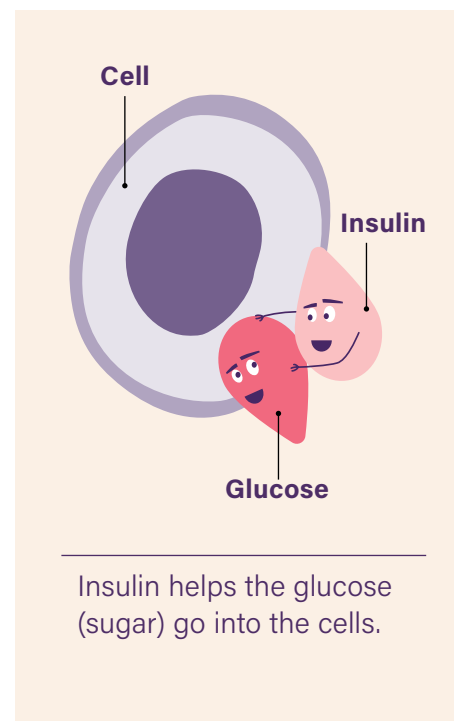
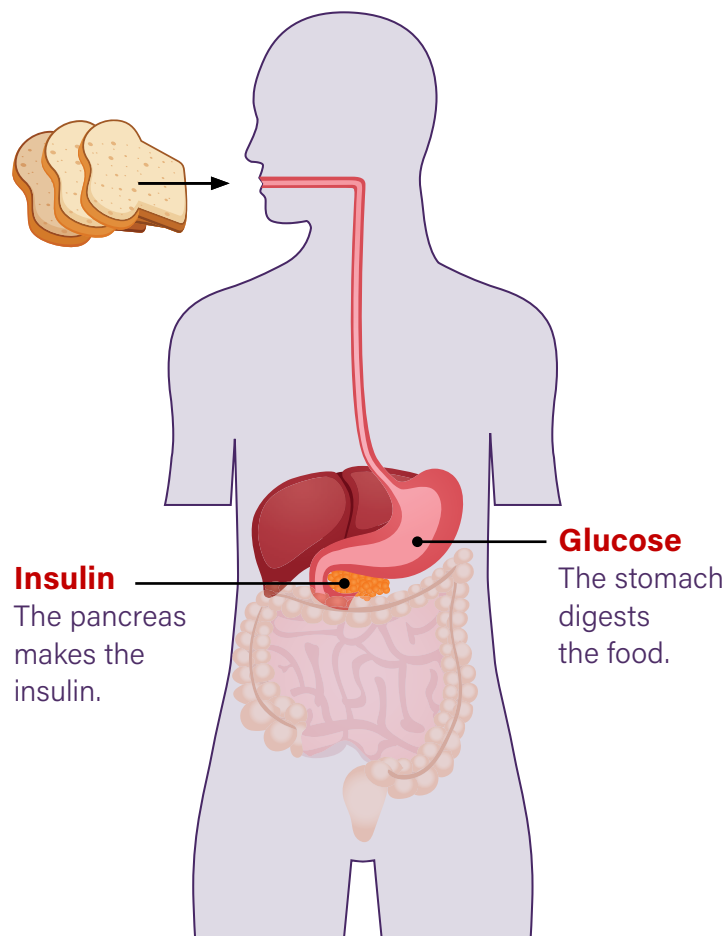


What is Diabetes?

Diabetes is a serious disease. It happens when your body doesn't make enough insulin or can't use it well. This causes high levels of glucose (blood sugar) to build up in the blood. As a result, your body doesn't work like it should.

What happens in your body?

1. The food we eat is digested in our stomach. Here it is turned into glucose, or blood sugar.
2. Blood takes glucose to our cells.
3. Glucose must enter into our cells so that we can have energy. Glucose needs the help of insulin to do this.
4. Glucose can't enter into our cells if our body doesn't make enough insulin or if our cells can't use the insulin well. This means the glucose will build up in our blood.
5. If you have high levels of glucose in your blood, you have prediabetes or diabetes.



Why is diabetes dangerous?

Diabetes makes it more likely you'll have a **heart attack** or **stroke**. Over time, high blood glucose damages the body. Diabetes can lead to blindness, amputation, kidney problems, and death.

What are the types of diabetes?

There are two types of diabetes:

- **Type 1 diabetes** happens when your body stops making insulin.
- **Type 2 diabetes** occurs when some insulin is made, but your body can't use it well. Type 2 diabetes is more common.

What are the symptoms?

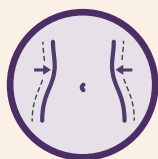
The symptoms of type 2 diabetes develop over time. Some people have symptoms and others do not.



Having to pee a lot, often at night



Feeling very thirsty



Losing weight without trying



Feeling very hungry



Blurry vision



Numbness or tingling in hands or feet



Feeling very tired



Dry skin



Sores that heal slowly



More infections than usual

Are you at risk for type 2 diabetes?

You are more likely to get type 2 diabetes if:

- You are overweight (especially around the waist)
- You have a parent, brother, or sister with diabetes
- Your family background is African American, Hispanic/Latino American, Alaska Native, American Indian, Asian American, Native Hawaiian, or Pacific Islander
- You have unhealthy levels of cholesterol and triglycerides (a type of fat in the blood)
- You have high blood pressure
- You had gestational diabetes or gave birth to a large baby (weighing 9 pounds or more)
- You aren't physically active
- You have depression
- You have polycystic ovary syndrome (PCOS)
- You have acanthosis nigricans (dark, thick, and velvety skin around your neck or armpits)

Do you have diabetes?

One way to find out if you have prediabetes or diabetes is to get your fasting blood glucose checked by a healthcare provider. "Fasting" means you have nothing to eat or drink except sips of water for at least 8 hours before your test.

If your fasting blood glucose level is:	This is:
Below 100 mg/dL	Normal • Good for you! Keep up the good work!
100 to 125 mg/dL	Prediabetes • Your glucose levels are higher than normal. You are at risk for developing type 2 diabetes. Take steps to prevent it. • Try to lose weight and increase your physical activity to at least 2 hours and 30 minutes each week.
126 mg/dL or higher	Diabetes • Work with your healthcare providers to control your diabetes. • Learn the ABCs of controlling diabetes: A. A1C test B. Blood pressure C. Cholesterol

If you have diabetes, talk to your doctor about how to manage it.