



What is Diabetes?

When you eat or drink something, your body breaks the content down into sugar. Some sugar enters the bloodstream. The sugar is then broken down more by insulin. This is so your body can use it as fuel. A gland called the pancreas makes insulin. For people with diabetes, the body either:

- Does not produce any insulin.

OR

- Does not produce enough.

Diabetes is a lifelong disease. People with diabetes need to manage it so they can stay healthy.

Types of diabetes:

- **Type I diabetes:** The pancreas does not produce any insulin. Insulin shots are required.
- **Type II diabetes:** The pancreas does not produce enough insulin. This type can be controlled by diet. You may require pills that stimulate the pancreas to produce more insulin. You might need insulin shots.

Causes of Diabetes

The cause of diabetes is unknown, but certain factors increase the risk for getting it. Some risk factors are:

- A family history of diabetes
- Emotional stress
- Pregnancy
- Obesity

(over, please.)

Symptoms of Diabetes

The symptoms (warning signs) of type I diabetes often happen quickly. They can be severe.

Signs include:

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Urinating often
- Weight loss that is hard to explain (even though you are eating and feeling hungry)
- Feeling weak or tired
- Blurred vision
- Labored or heavy breathing
- Loss of consciousness (rare)

The signs of Type II diabetes may be the same as those above. Often, there are no signs at all. Sometimes, the signs take a while to show up. Other symptoms may include:

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Nausea and occasionally vomiting
- Frequent urination
- Fatigue (weak, tired feeling)
- Blurred vision
- Numbness or tingling of the hands or feet
- Frequent infections of the skin, urinary tract or vagina
- Slow-healing sores or cuts

This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

Source: American Diabetes Association