

What is Diabetes?

Diabetes is a chronic disease in which the body does not make or properly use insulin. Insulin is a hormone the body makes to convert sugar, starches, and other food into energy. Without proper levels or use of insulin (diagnosed as diabetes) sugar builds up in the bloodstream and can damage the heart, eyes, feet, kidneys and blood vessels.

What Are the Types of Diabetes?

Type 1

results when the body is unable to make its own insulin. Type 1 is most commonly diagnosed among children and young adults. Five to 10 percent of people with diagnosed diabetes have type 1.

Type 2

results when the body can't properly use its own insulin or doesn't make enough insulin to manage blood sugar levels. This causes sugar to build up in the blood. Type 2 diabetes is usually diagnosed in older adults. Ninety to 95 percent of people with diagnosed diabetes have type 2.

Gestational Diabetes

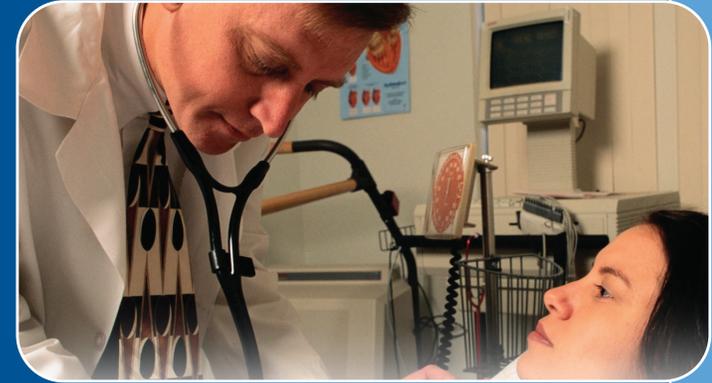
occurs during pregnancy and usually disappears after the pregnancy is over. This type of diabetes is diagnosed in two to five percent of all pregnancies.

Pre-Diabetes

is a condition of higher than normal blood sugar levels not high enough to be diagnosed as type 2 diabetes. It is estimated that at least 16 million Americans have pre-diabetes.

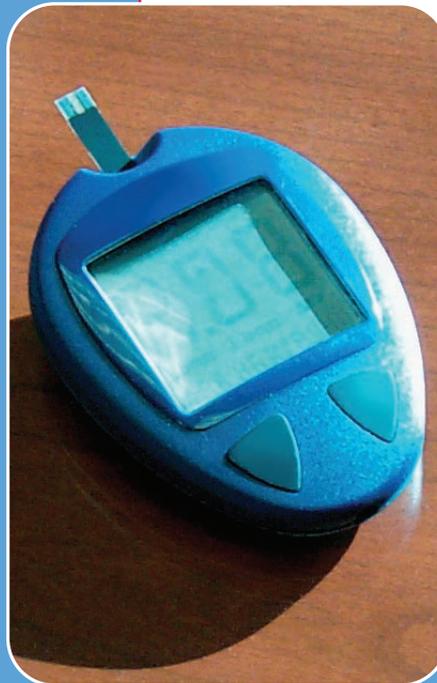
What Are the Risk Factors of Diabetes?

- Family history of diabetes
- African American, Hispanic/Latino, Asian, Pacific Islander or Native American descent
- 45 years of age or older
- Overweight
- Physical inactivity
- For woman, having gestational diabetes or a baby weighing more than nine pounds at birth
- Pre-diabetes



What Are the Symptoms of Diabetes?

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



If you have one or more of these symptoms or risk factors, see your doctor for a simple finger stick test to check your blood sugar. Early detection can prevent life threatening complications.

What Are the Facts About Diabetes?

- Diabetes is an incurable disease, but can be treated and managed
- Diabetes affects 17 million people in the United States. About one-third don't know they have it
- Approximately 120,000 Utahns have diabetes. About 40,000 of them haven't been diagnosed
- Diabetes is the sixth leading cause of death in Utah
- People with diabetes are two to three times more likely to be admitted to a hospital than those without diabetes
- People with diabetes are two to four times more likely to have a heart attack or stroke than those without diabetes
- Diabetic eye disease is the leading cause of new cases of blindness for working-age adults



FOR MORE INFORMATION CONTACT:

Health Resource Line
1-888-222-2542

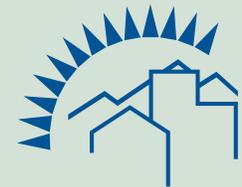


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DIABETES PREVENTION AND CONTROL PROGRAM

WHAT IS DIABETES?



UTAH DEPARTMENT OF HEALTH