

You are more at risk of having Type 2 diabetes if:

Overweight

Have family history of diabetes (a parent, brother or sister with Type 2 diabetes)

Over age 45

Physically active less than 3 times a week

Diabetes during pregnancy (Gestational diabetes or giving birth to a baby over 9 pounds)

Have polycystic ovary syndrome (hormonal disorder causing enlarged ovaries with small cysts on the outer edges)

African American, Hispanic/Latinx American, American Indian, Pacific Islander (and some Asian Americans also at higher risk, Caucasians are more likely to develop Type 1 diabetes than other ethnic and racial groups.)

Untreated diabetes can cause:

- ✓ Heart Disease
- ✓ Kidney Disease
- ✓ Nerve Damage
- ✓ Digestive Problems
- ✓ Foot Problems
- ✓ Sexual Response Problems
- ✓ Urinary Tract Infections (Frequent)
- ✓ Oral Health Problems (Mouth & Teeth)
- ✓ Vision Problems/Blindness



2225 Enterprise Drive
Suite 2507
Westchester, IL 60154

Return service requested



Diabetes Newsletter

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Our goal always is to help our members stay as healthy as possible for a happy and productive life!

To help achieve this goal Access to Care is starting this new publication for members. It is focused on diabetes education, prevention and management. The newsletter will be issued several times a year with topics ranging from clinical information to how to shop for healthy foods on a budget.

In this issue we address:

What diabetes is

The U.S. diabetes epidemic

Your risk factors for developing diabetes

Please let us know how you like it and what topics you might want covered in the future.

www.accesstocare.org
708.531.0680

What is diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. **Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.**

There are three main types of diabetes: Type 1, Type 2 and Gestational diabetes (diabetes while pregnant.)

Type 1: Thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin.

About 5% of the people who have diabetes have Type 1. Symptoms often develop quickly and is usually diagnosed in children, teens and young adults.

Type 2: Your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90% of people diagnosed with diabetes have Type 2 and are usually diagnosed as adults but *more and more in children, teens and young adults.*

Gestational: Develops in pregnant women who have never had diabetes. This can put the baby at higher risk for health problems. This type of diabetes usually goes away after the birth of the baby but increases the mother's risk for Type 2 diabetes later.

Prediabetes

You are prediabetic if your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes.

Prediabetes raises your risk for Type 2 diabetes, heart disease, and stroke.

1 in 3 people have prediabetes.

90% of those with prediabetes do not know they have it!

Good News: You can take steps to help reverse it by getting more active, eating healthy and checking your blood sugar regularly.

Diabetes Epidemic

30.3 million U.S. adults have diabetes, and 1 in 4 of them don't know they have it.

1 in 3 people are prediabetic. (90% do not know it)

Diabetes is the 7th leading cause of death in the United States.

Diabetes is the number 1 cause of kidney failure, lower-limb amputations, and adult blindness.

In the last 20 years, the number of adults diagnosed with diabetes has more than tripled.

23 million adults aged 65 and older have prediabetes.

Nearly 18,000 youth are diagnosed with Type 1 diabetes each year.

More than 5,000 youth are diagnosed with Type 2 diabetes each year, some as young as 10.

Ask your doctor to check your blood sugar with a simple test!

SOURCE: CDC <https://www.cdc.gov/diabetes>