



DIABETES 101

WHAT IS DIABETES?

Diabetes is a disease characterized by high blood sugar levels that result from the body's inability to produce and/or use insulin. There are three classifications of diabetes: Type 1, Type 2 and Gestational.

Type 1 diabetes is an auto-immune disease in which the body destroys the insulin producing cells in the pancreas and is the more chronic form of the disease. Individuals with Type 1 diabetes do not produce any insulin and must take shots or wear an insulin pump.

Type 2 diabetes is when either the body does not produce enough insulin or the cells ignore the insulin. Type 2 diabetes is the most common form of diabetes.

Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy.

Complications from diabetes include heart disease, stroke, blindness, kidney disease and amputations.

Symptoms of Type 1 diabetes include frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability

Symptoms of Type 2 diabetes include any of the type 1 symptoms, frequent infections, blurred vision, cuts/bruises that are slow to heal, tingling/numbness in the hands/feet, recurring skin, gum, or bladder infections.

FAST FACTS

25.8 million people – children and adults – suffer from diabetes in the United States. That's 8.3% of the population. An astonishing **7 million** remain undiagnosed and **79 million** have Pre-diabetes.

Adults with diabetes are at a **2-4 times greater risk** of **heart disease** related death and **stroke** than the general population.

Diabetes is the leading cause of **kidney failure** and new **blindness**.

Diabetes costs the United States **\$218 billion** in direct medical costs, disability, work loss and premature mortality.

For more information on diabetes and how you can get involved to Stop Diabetes, visit

www.diabetes.org

