

Am I at risk?

Take the test. One or more of the following statements does not mean you will develop diabetes, but it does mean that you may be at risk for diabetes. Contact your family doctor to find out more.

I am overweight

I am inactive

I am over the age of 45

I am of Hispanic, African or Aboriginal descent

I am related to a person with diabetes

I have given birth to a large baby (4 kg or 9 lbs.)

How is diabetes treated?

Today, more than ever before, people with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful management of the disease. Diabetes is managed by:

Meal planning

What, when and how much you eat plays an important role in regulating the amount of sugar in your blood.

Exercise

Regular exercise helps your body lower blood sugars and keeps you healthy.

Healthy Weight

Maintaining a healthy weight is especially important in the control of Type II diabetes.

Medication

Type I diabetes always requires daily injections of insulin. Type II diabetes is controlled through exercise and meal planning although some people may require medication to assist the body in making or using insulin.



Education

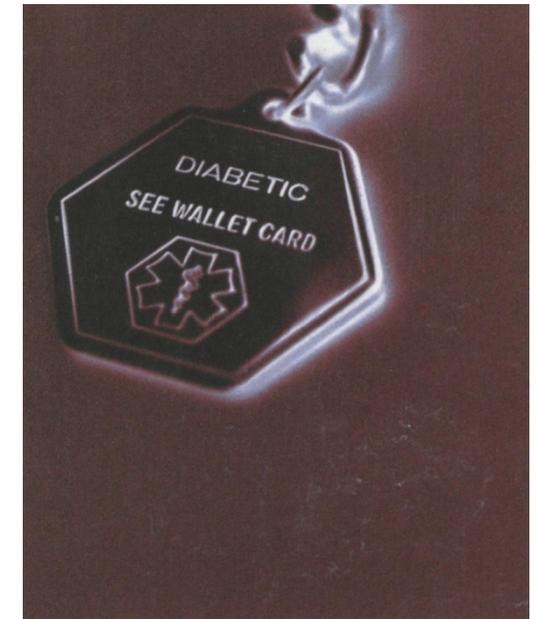
All people with diabetes need to learn about their condition in order to make healthy lifestyle choices and manage their diabetes.

Lifestyle management

Learning to reduce stress levels in day-to-day life helps people with diabetes better manage their condition.



DIABETES MELLITUS



What is diabetes?

Diabetes is a lifelong condition in which your body cannot properly use and store the fuel (sugar) you take in from the foods you eat. Insulin is needed to help the body use sugar for energy.

When a person has diabetes, the pancreas either does not produce or produces very little insulin (Type I diabetes), or cannot use the insulin that is produced (Type II diabetes). When insulin is not available, the sugar from food stays in the bloodstream causing blood sugars to rise. Diabetes is defined as a blood glucose level of 126 mg/dL or more measured on two occasions after no food has been eaten for 12 hours.

Is diabetes serious?

Diabetes is a leading cause of death by disease. If left untreated or improperly managed, the high levels of blood sugar associated with diabetes can slowly damage both the small and large blood vessels in the body, resulting in a variety of complications:

- ▶ Heart disease is three to six times more common in people with diabetes than without
- ▶ Diabetes is a leading cause of adult blindness
- ▶ People with diabetes account for 25 percent of all new cases of serious kidney disease worldwide

- ▶ Half or more of all non-traumatic leg amputations are due to diabetes

- ▶ Diabetes is a major cause of impotence

With careful management, these complications can be delayed and even avoided. The first step in avoiding the onset of these complications is recognizing the symptoms that may indicate you have diabetes.

Who get diabetes?

Diabetes affects up to 120 million persons all over the world.

Eighty percent of people with Type II diabetes are overweight.

Eighty-nine percent of people with diabetes have one or more risk factors over which they have control: smoking, obesity and hypertension.

One in 20 woman will develop diabetes during pregnancy.

Ten percent of all people with diabetes have Type I diabetes. The remaining 90 percent are diagnosed with Type II diabetes.

What are the symptoms?

/Some of the symptoms of diabetes include:

- ▶ Frequent urination
- ▶ Changes in appetite

- ▶ Extreme fatigue
- ▶ Blurry vision
- ▶ Unusual thirst
- ▶ Unexplained weight loss



- ▶ Irritability
- ▶ Tingling in hands or feet

In Type I diabetes, the symptoms progress quickly and are dramatic.

In Type II diabetes, symptoms are slower to progress; it is possible to have no apparent symptoms and be diagnosed on a non-related medical examination.