

September is Diabetes Awareness Month



According to the American Diabetes Association, one in 11 Americans has diabetes.

Diabetes is a disease where your blood sugar (glucose) levels are too high. Glucose comes from the foods you eat and insulin is a hormone released from your pancreas that helps the glucose get into your cells to give them energy. When your body doesn't produce enough insulin or isn't using it properly, the result is too much glucose in your blood which can cause serious problems including damage to your eyes, kidneys and nervous system as well as heart disease and stroke.

TYPE
1

Type 1 diabetes, formerly known as juvenile diabetes, is usually diagnosed in children and young adults and only accounts for 5% of all cases of diabetes. It is a chronic condition where the pancreas produces little or no insulin.

TYPE
2

Type 2 diabetes, formerly known as adult-onset diabetes, is the most common form of diabetes. This is where your body doesn't use insulin properly. Usually only seen in adults, it is becoming more common in children and teens and is often linked to obesity and sedentary lifestyles.

Prediabetes is a condition where your blood sugar is higher than normal, but not high enough to be considered type 2 diabetes. Lifestyle changes including eating healthy foods, exercise and weight loss, can help keep prediabetes from progressing to type 2 diabetes.

Doctors Medical Center will be onsite for Glucose Screenings and Educational Classes!

There is no charge for the class or screening and results will be available **THE SAME DAY!**

Space is limited at these events. To register, please login to PeopleSoft and search by Course Name "Diabetes."

Glucose Screenings *(Please fast for 12-hours prior to screening.)*

Date	Location	Room	Class Time
Sept. 11	County Center III	Room 3	8:00-9:00 a.m.
Sept. 12	CSA	Large Training Room	8:00-10:00 a.m.
Sept. 13	10th St. Place	Basement Training Room	8:00-9:00 a.m.

Nutrition Classes

Date	Location	Room	Class Time
Sept. 11	County Center III	Room 3	9:00-10:00 a.m.
Sept. 12	CSA	Large Training Room	10:00-11:00 a.m.
Sept. 12	CSA	Large Training Room	11:00 a.m.-Noon
Sept. 13	10th St. Place	Basement Training Room	9:00-10:00 a.m.

Diagnosing Diabetes

Your doctor may order one of the following two blood tests:

- **Fasting Plasma Glucose (FPG)** checks your fasting blood glucose levels.
- **A1C** test measures your average blood glucose for the past 2-3 months.

	Fasting Blood Glucose	A1C
Normal	< 100 mg/dl	< 5.7%
Prediabetes	100-125 mg/dl	5.7% to 6.4%
Diabetes	126 or higher	6.5% or higher

Managing Diabetes

- Medication
- Exercise
- Weight Control
- Good Nutrition
- Don't Smoke

Diabetes Facts

- Diabetes is one of the leading causes of kidney failure
- Diabetes greatly increases the risk of heart disease and stroke
- Diabetes is the main cause for non-traumatic lower limb amputations
- Hearing loss is twice as common in adults who have diabetes vs. those who do not have it
- Diabetes is the main cause of blindness among people under the age of 74
- Diabetes is associated with gum disease, also known as periodontal disease

The good news is that you can live a normal life with well-controlled diabetes. But it's important to pay attention to your diet, weight, exercise and medicine (if prescribed) and see your physician regularly!

