Diabetes

Diabetes is a disease in which the body cannot properly control the amount of sugar in your blood because it does not have enough insulin.

There are two types of Diabetes - type 1 and type 2. Most people have type 2. Type 1 diabetes often starts in childhood and type 2 often starts after 40.

Common Symptoms
- Need to urinate often
- Extreme thirst
- Weight loss
- Blurry vision
- Skin infections or itchy skin
- Feeling tired
- Infections or cuts that heal very slowly

How does your doctor know if you have diabetes?
- Your doctor will do a blood test. He/she will ask you to give a blood sample first thing in the morning before you eat. This is called “fasting blood sugar”. If your level is more than 126 you may have diabetes.
- He/she will also do an A1c test to look at the blood sugar levels over the past 2 or 3 months.
- He/she may also look at your eyes and your feet.

What if you have diabetes?
- You may have to take medicine. This will be either a pill or insulin injections.
- You will have to test your blood sugar levels every day.
- You will have to watch what you eat and eat at regular times throughout the day.
- You will need to exercise and keep your weight down.