



November is American Diabetes Month

Diabetes affects **20.8 million**
Americans.

Are you at **risk**?

According to the American Diabetes Association, 14.6 million Americans have been diagnosed with diabetes; 6.2 million children and adults, however, are unaware they have this lifelong disease.

There are two types of diabetes — type 1, when the body fails to produce insulin, a hormone that converts glucose (sugar) and foods into energy, and type 2, when the body doesn't produce enough insulin or doesn't use it properly. While doctors and scientists aren't sure what causes type 1 diabetes to develop, they say certain risk factors — such as your weight, inactivity, family history, age, race, gestation diabetes, and depression — may increase one's chances of developing prediabetes or type 2 diabetes.

Type 1 Diabetes

- Increased thirst
- Increased urination
- Weight loss
- Increased appetite

Type 2 Diabetes

- Increased thirst
- Increased urination
- Weight Loss
- Increased appetite
- Flu-like symptoms, including weakness and fatigue
- Blurred vision
- Slow healing of cuts and bruises

Symptoms of diabetic ketoacidosis (complications due to untreated diabetes)

- Flushed, hot, dry skin
- Loss of appetite, abdominal pain, & vomiting
- A strong, fruity breath odor (similar to acetone)
- Restlessness, drowsiness, difficulty waking up, confusion, or coma

To learn more about this disease and take an online risk test, log on to the American Diabetes Association's web site at www.diabetes.org.