



world diabetes day

14 November

1 in 9 Alabamians have Diabetes. Are You At Risk?

Diabetes is a condition in which your body does not produce or effectively use the insulin needed to process the sugar you consume. It is estimated that 29 million Americans have diabetes and over 500,000 in Alabama. If left untreated, diabetes can lead to serious health conditions including kidney disease, blindness, high blood pressure, depression, and more.

Symptoms

There are several warning signs and they can be different from person to person. The following signs are commonly experienced, please consult a health professional if you observe:

- Frequent urination
- Excessive thirst
- Increased weight loss
- Increased hunger
- Excessive fatigue
- Blurred vision
- Frequent infections
- Slow-healing wound
- Lack of interest and concentration
- Vomiting and stomach pain
- A tingling sensation or numbness in hands or feet (often mistaken as the flu)

The onset of Type 1 is usually sudden and dramatic. Type 2 symptoms can often be mild or absent, making this type of diabetes gradual in onset and harder to detect.

Type 1	Type 2	Gestational
<ul style="list-style-type: none"> • Affects people of any age, yet usually occurs in children or young adults. • Sometimes called juvenile-onset diabetes. • An auto-immune reaction where the body's defense system attacks insulin-producing cells. • Cannot be prevented. • Requires multiple injections or infusions of insulin every day. • Without insulin, a person with Type 1 will die. • Insulin is not a cure. 	<ul style="list-style-type: none"> • Sometimes called adult-onset diabetes. • Accounts for at least 90% of all diabetes cases. • Characterized as insulin resistance and relative insulin deficiency. • Often associated with obesity and oftentimes preceded by pre-diabetes, a condition when blood glucose is higher than normal. • Can remain undetected for many years. • Achieving a healthy body weight and moderate physical activity can help prevent the development of Type 2. 	<ul style="list-style-type: none"> • High blood glucose levels during pregnancy. • Develops in 1 of 25 pregnancies worldwide and is associated with complications in the period immediately before and after birth. • Usually disappears after pregnancy, but women and their offspring are at an increased risk of developing Type 2 later in life.

Risk Factors

<p>Still being researched. Genetic and environmental factors, increased maternal age at delivery, and exposure to some viral infections have been linked to the risk of developing.</p>	<ul style="list-style-type: none"> • Obesity • Poor diet and physical inactivity • Increasing age • Insulin resistance • Family history of diabetes • Ethnicity 	<ul style="list-style-type: none"> • Overweight • Diagnosis of Impaired Glucose Tolerance (IGT) • Family history of diabetes • Previous diagnosis of gestational diabetes • Ethnicity
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