

Women and Diabetes

- In the U.S., 9.1 million women have diabetes and 3 million of them don't even know it.
- Women who have diabetes are more likely to have a miscarriage or a baby with birth defects.
- Women with diabetes are more likely to be poor which makes it harder to manage the disease.

Heart Disease and Stroke

- Women with diabetes are more likely to have a heart attack and have it at a younger age.
- Most people with diabetes die from heart attack or stroke.



Are You at Risk for Diabetes?

- Are you overweight?
- Do you get little or no exercise?
- Do you have high blood pressure (130/80 or higher)?
- Do you have a brother or sister with diabetes?
- Do you have a parent with diabetes?
- Are you a woman who had diabetes when you were pregnant *OR* have you had a baby who weighed more than 9 pounds at birth?
- Are you African American, Native American, Hispanic, or Asian American/Pacific Islander?

If you answered yes to any of these questions, ask your doctor, nurse, or pharmacist if you need a diabetes test.

Warning Signs

- Going to the bathroom a lot
- Feeling hungry or thirsty all the time
- Blurred vision
- Lose weight without trying
- Cuts/bruises that are slow to heal
- Feeling tired all the time
- Tingling/numbness in the hands or feet

Most people with diabetes do not notice any signs.

This document was developed by FDA's Office of Women's Health (OWH), the National Association of Chain Drug Stores (NACDS), and the American Diabetes Association (ADA). The OWH, NACDS, and the ADA thank all of the participating organizations that have assisted in its reproduction and distribution.

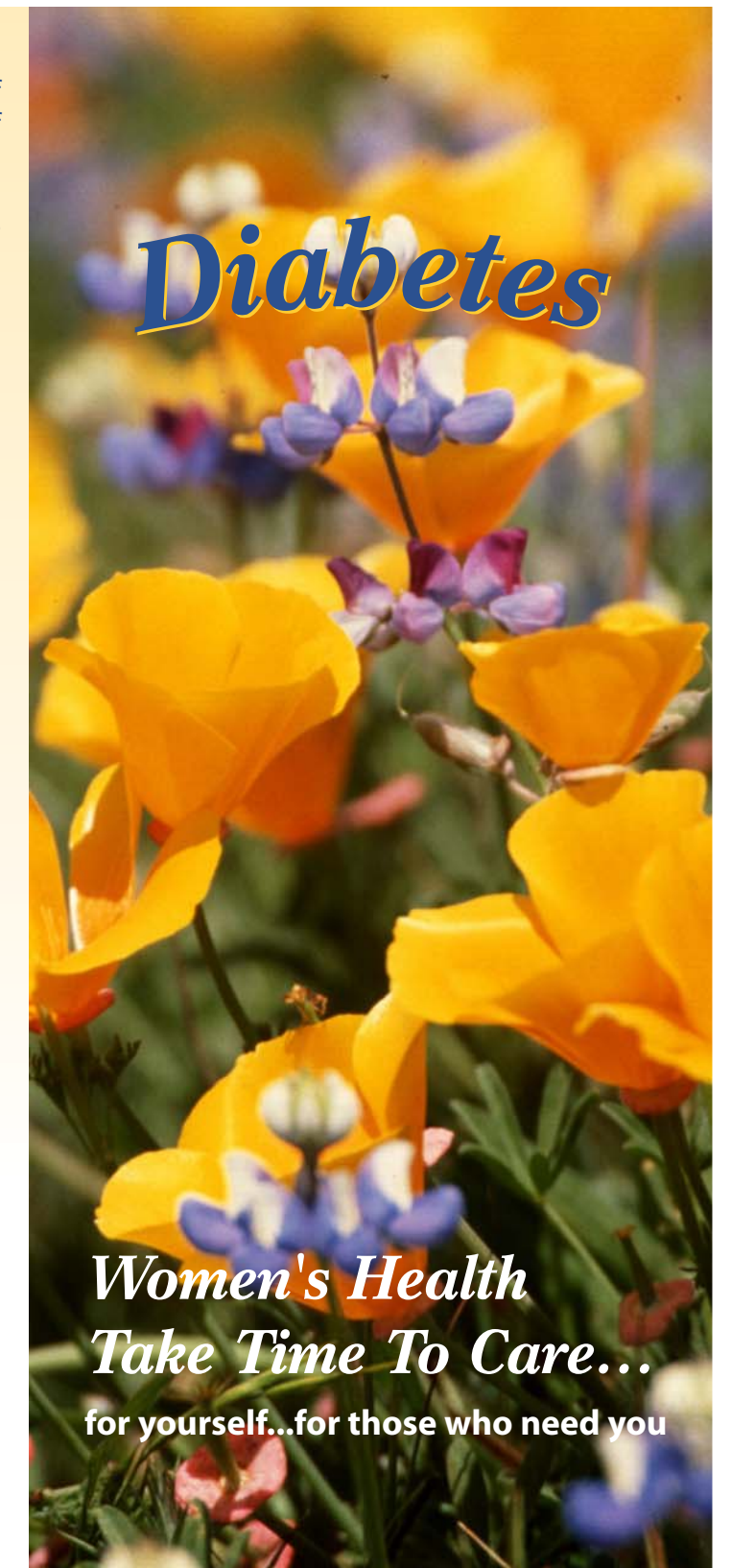
Take Time To Care... About Diabetes

For more information:
1-800-DIABETES
(1-800-342-2383)

www.fda.gov/womens
www.diabetes.org
www.nacds.org



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What is Diabetes?

- Diabetes changes the way your body uses food. In your body, the food you eat turns to sugar.
- Your blood takes this sugar all over the body. Insulin helps get sugar from the blood into the body for energy.
- Your body does not get the fuel it needs, and your blood sugar stays high.
- High blood sugar can cause heart and kidney problems, blindness, stroke, the loss of a foot or leg, or even kill you.

The Good News...You Can Manage Diabetes

Watch what you eat and get exercise, use medicines wisely and check your blood sugar.

Types of Diabetes

- **Type 1** - The body does not produce any insulin. People with type 1 diabetes must take insulin every day to stay alive.
- **Type 2** - The body does not make enough, or use insulin well. Most people with diabetes have type 2.
- Some women get diabetes when they are pregnant.

Watch What You Eat and Get Exercise

- There is no one diet for people with diabetes. Work with your team to come up with a plan for you.
- You can eat the foods you love by watching serving sizes. Carbohydrates raise your blood sugar the most.
- The "**Nutrition Facts**" label on foods can help. Many packaged foods contain more than 1 serving.
- The foods we eat are made up of:
Carbohydrates (fruits, vegetables, breads, juices, milk, cereals and desserts)

Fats
Protein
Cholesterol
Fiber (fruits, vegetables, beans, breads, and cereals)

- Be active at least 30 minutes a day most days of the week.
- Exercise helps your body's insulin work better. It also lowers your blood sugar, blood pressure and cholesterol.

Use Medicines Wisely

- Sometimes people with diabetes need to take pills or take a shot (insulin). Be sure to follow the directions.
- Ask your doctor, nurse or pharmacist what your medicines do, when to take them, and if they have any side effects.

Have your doctor, pharmacist or nurse report serious problems with medicines or medical devices to the FDA at 1-800-FDA-1088

Check Your Blood Sugar and Know Your ABCs

- Help prevent heart disease and stroke by controlling your blood sugar, blood pressure, and cholesterol.
- Make a plan with your doctor, nurse or pharmacist.
- Check your blood sugar using a meter (home testing kit). This tells what your blood sugar is so you can make wise choices.
- Ask your doctor for an A-1-C (A-one-see) blood test. It measures blood sugar levels over 2-3 months.
- Talk to your health team about your **ABC's**:
A - 1 - C
Blood pressure
Cholesterol

