

Prevent and Control Diabetes

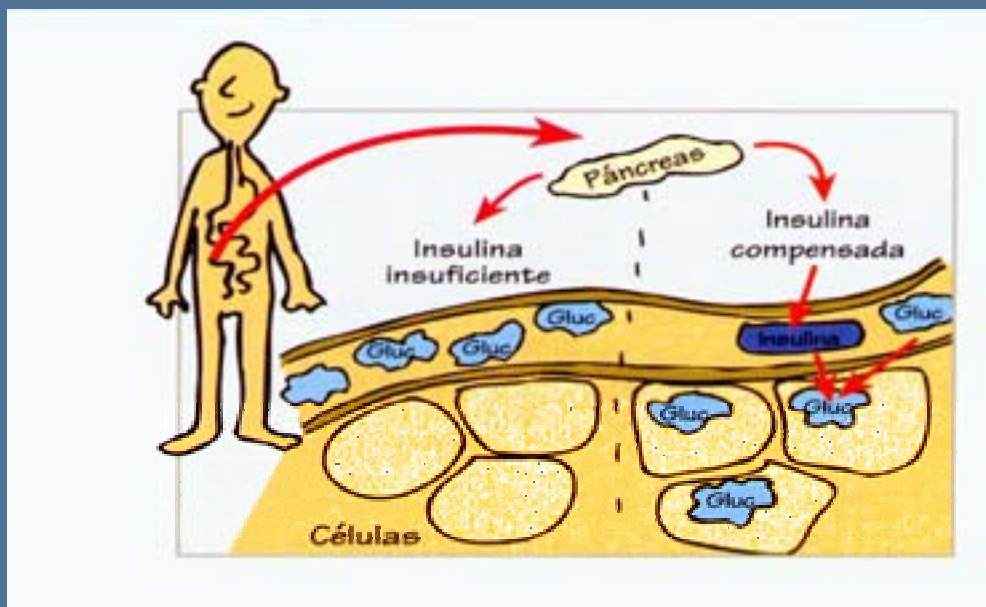
What is Diabetes?

Diabetes is a disease in which blood glucose levels are above normal.

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy.

The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.





Who develops diabetes?

Anyone can develop diabetes, but it is more common in people who are:

- Overweight
- Not physically active
- Hispanic/Latino (and other ethnicities)

Or who have:

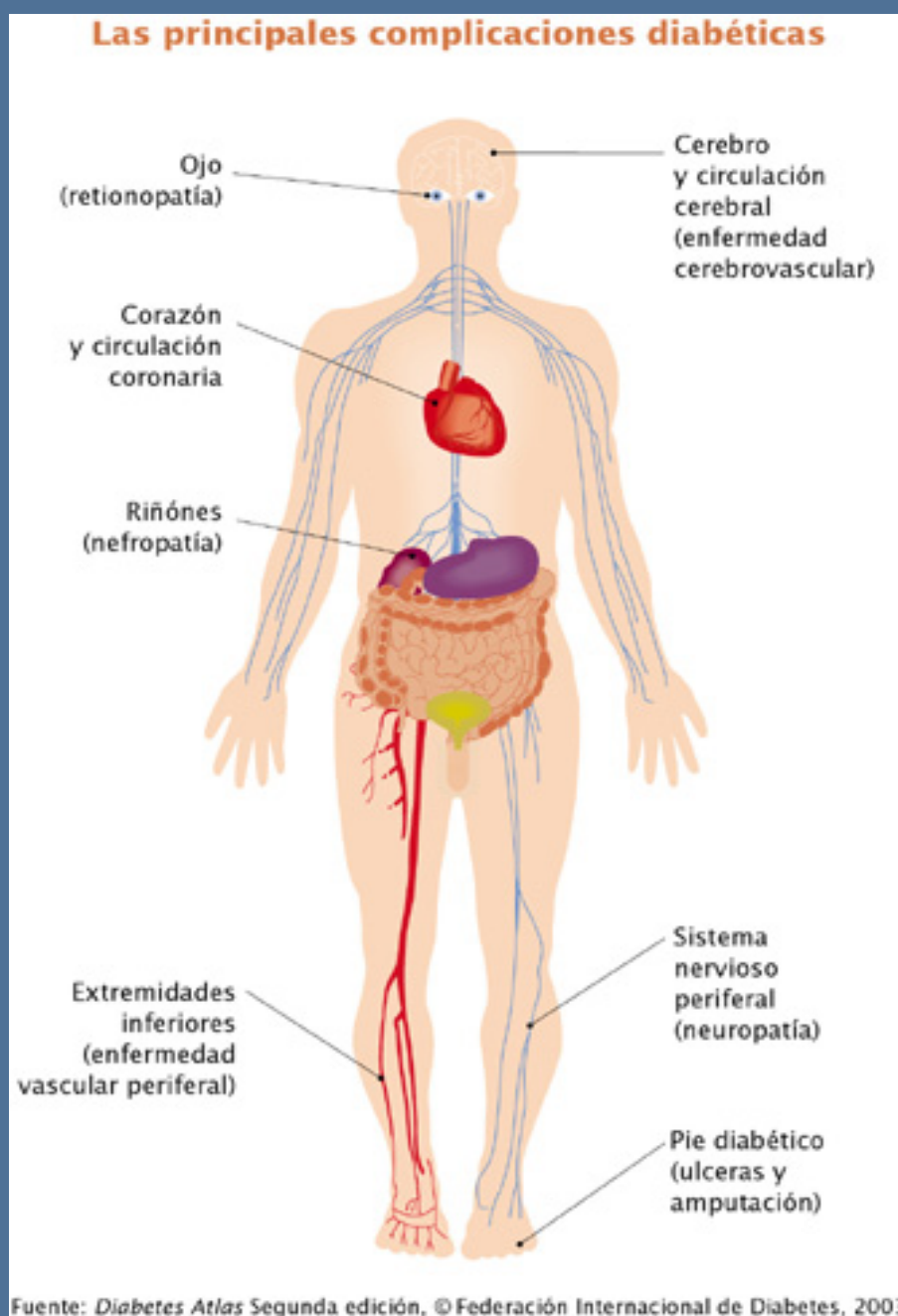
- A family member with diabetes
- Had diabetes when pregnant
- Blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes (pre-diabetes)

Diabetes can occur at any age but the risk increases as you grow older.



Why is it important to control Diabetes ?

Because diabetes can affect any part of the body



How do you know if you have diabetes?



How do you know if you have diabetes?

- Are you often thirsty, hungry, or tired?
- Do you urinate often?
- Do you have sores that heal slowly, tingling in your feet, or blurry eyesight?

These **MAY** be signs of diabetes. Even without these signs, you could still have diabetes.

Diabetes is a serious disease. It can cause a heart attack or stroke, blindness, kidney failure, or loss of feet or legs. But diabetes can be controlled. You can reduce or avoid these health problems. Take the first step. Find out if you are at high risk.

If you think you might have diabetes, you must visit a doctor or other health care provider for diagnosis.

How do you manage diabetes?

People with diabetes must take responsibility for their day-to-day care, and keep blood glucose levels from going too low or too high.

How?

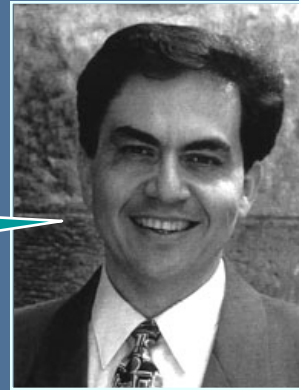
- Healthy eating
- Physical activity
- Blood glucose testing
- Many people with type 2 diabetes require pills, insulin, or both to control their blood glucose levels.

People with diabetes should see a health care provider who will monitor their diabetes control and help them learn to manage their diabetes.



**We can be stronger
than Diabetes!**

Remember...



Diabetes is serious yet controllable!

1. Learn about diabetes - what you can do to control your diabetes
2. Be physically active every day– dance or walk !
3. Learn what you should eat. A registered dietitian can help you plan your meals
4. Make wise food choices – less fat, low salt. More fiber (fruits and vegetables)
5. Visit your doctor or health care provider



How can I prevent diabetes?

- **Be more physically active**
 - Go for a walk with a friend, a neighbor, your family or take the dog with you...
 - Don't take the elevator.. Use the stairs
 - Park further away, walk a few more steps
 - Play with your children, grandchildren or friends
 - Clean around the house
 - Paint your walls
 - Dance, practice your moves, shake your body – and have some fun!

- **Eat healthfully**
 - **EAT MORE FRUITS, vegetables, beans, and whole grains**
 - Buy and try a new fruit or vegetable every time you go out shopping for groceries.
 - **CHOOSE HEALTHIER MEALS**
 - Change your high fat meals and snacks for fruits, vegetables or nuts. Drink more water.
 - **READ FOOD LABELS.**
 - Choose foods with less fat, calories and salt.
 - Reduce the amount of fried food you eat.
 - **EAT SMALLER PORTIONS.**
 - You can eat anything you want. Just limit the portion sizes of beef, chicken and fish.
 - Portions should be smaller than the palm of your hand.

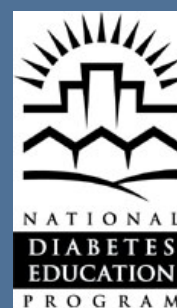
FOR MORE INFORMATION on how to prevent diabetes call 1-800-438-5383 and ask for the following free materials:

- "Movimiento" music CD
- Recipe and Meal Planner Guide
- Your PLAN for preventing diabetes

Share with a friend or your family what you have learned about Diabetes



Visit the National Diabetes Education Program's web site at
<http://www.ndep.nih.gov/>



Call 1-800-438-5383 to obtain diabetes education materials



Visit CDC web site at
<http://www.cdc.gov/diabetes/spanish/index.htm>

Call 1-877-232-3422 to obtain diabetes education materials in Spanish
(Llame a este número para obtener información en Español)

