

COULD YOU HAVE DIABETES?

(A QUIZ)

For more information about diabetes, contact:

Texas Diabetes Council
Texas Department of State Health Services
1100 West 49th Street, Austin, Texas 78756
1-888-963-7111
www.texasdiabetescouncil.org

Insurance coverage of diabetes

Texas and federal laws require certain health benefit plans to provide coverage for insured individuals with diabetes, including diabetes equipment, supplies, and education about how to control diabetes. For more information about health insurance coverage, contact your health insurance provider or the Texas Department of Insurance Consumer Help Line at 1-800-252-3439.

Free publications from the Texas Diabetes Council

Could You Have Diabetes? (a quiz)

Living with Diabetes (a guide)

You Have the Power:

Controlling Diabetes One Day At A Time

Food for Life: Living Well with Diabetes

Diabetes Health Record/Card

350,000 Texans have type 2 diabetes and don't know it. Take this easy test and find out if you could be at risk.*

Risk for diabetes

- African American, Hispanic, Native American, Asian American
- Sister, brother, parent, grandparent, aunt, or uncle with diabetes
- High or low blood sugar
- Overweight (20% or more over ideal weight)
- Usually no daily exercise
- Age 45 or older
- Previous diabetes during pregnancy or had a baby weighing more than 9 pounds at birth
- High blood pressure (greater than 140/90)
- High cholesterol



Produced and distributed
by the Texas Diabetes Council
Stock No. 10-27 7/2004

* Diabetes means having too much sugar in your blood. High blood sugar can damage the heart, arteries, eyes, nerves, and kidneys and lead to serious health problems.

A Q U I Z

(CONTINUED)

H O W D I D

Y O U D O ?

Symptoms of diabetes

- Blurred vision
- Fatigue, lack of energy
- Extreme thirst, hunger
- Frequent trips to the bathroom (urination)
- Unexplained weight gain or loss
- Slow-healing sore or cut
- Numbness, pain, or tingling in hands or feet
- Frequent infections
- Depression

The more boxes you checked, the more likely you are to have diabetes. Show this pamphlet to your doctor and tell him or her why you think you might have diabetes. Early detection and proper treatment of diabetes can lead to a longer and healthier life.

How to find out if you have diabetes

New guidelines recommend that everyone age 45 and older *consider* being tested for diabetes every three years. People at high risk should be tested at 18 years of age and then every year.

You'll need two different fasting blood sugar (FBS) tests on two different days. If both FBS test results are 126 mg/dL or greater, you have diabetes.

High risk

Members of some ethnic groups have a higher risk of diabetes. If you are African American, Hispanic, Native American, Asian American, or Pacific Islander, you're in a high-risk group.

Diabetes is a serious disease

Diabetes can lead to blindness, heart attack, stroke, kidney failure, amputations, and death. You can prevent or delay complications from diabetes by eating healthy meals, exercising regularly, controlling your weight, monitoring your blood sugar, and taking the medicine your doctor prescribes.