

Diabetes

About 1 in 10 Americans have diabetes. There are two types of Diabetes, Type 1 and Type 2. Type 2 is the more common type and it often develops later in life, however more and more children, teens, and young adults are also developing it. If you have Type 2 Diabetes, your body has trouble using or making enough insulin. Insulin is a hormone that helps the sugar from your food enter your cells. It's something everyone needs. For most people, the body naturally makes enough. However, if you have Type 2 Diabetes, your body might not use the insulin you make efficiently. Sugar (or glucose) can't enter the cells to be used for energy. Instead, it builds up in your bloodstream, causing high blood sugar.

Symptoms of high blood sugar can include:

- Being extraordinarily tired or thirsty
- Frequently needing to urinate
- Experiencing blurred vision
- Having dry or itchy skin

If you have Diabetes, it is important to check your blood sugar regularly. For some, that may mean checking it before meals, before bed, and before exercise. For others, it may just be once a day. Check with your provider for guidance. Ideal blood sugars before a meal are 80-130. In addition, it is important to have your hemoglobin A1C checked. This lab value can tell you and your provider how well your blood sugars have been controlled over the last 2-3 months. A hemoglobin A1C under 7% indicates good control if you have diabetes. High blood sugar is damaging to the body and can cause other serious health problems, such as heart disease, vision loss, and kidney disease.

Treatment may include Insulin shots, oral medication, and/or diet modification. A nutritionist specializes in food and diet and can provide guidance for those with Diabetes. It is also important to get regular exercise. Having diabetes increases your risk for heart disease and stroke. To minimize your risk, control your diabetes, try to keep your blood pressure below 140/90, manage your cholesterol levels, and do not smoke.

For more information on Living with Diabetes, go to <https://www.cdc.gov/diabetes/managing/index.html>