

Diabetes

STATISTICS:

- Type 1 diabetes, which was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes, may account for 5% to 10% of all diagnosed cases of diabetes.
- Type 2 diabetes, which was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes.
- Gestational diabetes is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2% to 5% of all pregnancies but usually disappears when a pregnancy is over.
- Other specific types of diabetes resulting from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses may account for 1% to 2% of all diagnosed cases of diabetes.

Reduce Your Risk Month

RESOURCES:

National Diabetes Education Program

Internet <http://www.cdc.gov/diabetes/ndep/index.htm>

American Diabetes Association

703-549-1500

800-ADA-ORDER to order publications toll free

800-342-2383 (800-DIABETES) for diabetes information

Internet <http://www.diabetes.org>

American Dietetic Association

800/366-1655 Consumer Nutrition Hotline

Internet <http://www.eatright.org/>

Juvenile Diabetes Research Foundation

800/JDF-CURE or 800/223-1138

212/785-9595 (fax)

Internet <http://www.jdrf.org>

National Diabetes Information Clearinghouse

301/654-3327 (phone); 301/907-8906 (fax)

Internet <http://diabetes.niddk.nih.gov/index.htm>



WHAT YOU SHOULD KNOW:

- 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.
- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.
- People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms: Frequent urination * Excessive thirst * Unexplained weight loss * Extreme hunger * Sudden vision changes * Tingling or numbness in hands or feet * Very tired most of the time * Very dry skin * Sores that are slow to heal
- Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type 1 diabetes. Healthy eating, physical activity, and insulin injections are the basic therapies for type 1 diabetes. The amount of insulin taken must be balanced with food intake and daily activities. Blood glucose levels must be closely monitored through frequent blood glucose testing.
- Healthy eating, physical activity, and blood glucose testing are the basic therapies for type 2 diabetes. In addition, many people with type 2 diabetes require oral medication, insulin, or both to control their blood glucose levels.
- People with diabetes must take responsibility for their day-to-day care, and keep blood glucose levels from going too low or too high. People with diabetes should see a health care provider who will monitor their diabetes control and help them learn to manage their diabetes. In addition, people with diabetes may see endocrinologists, who may specialize in diabetes care; ophthalmologists for eye examinations; podiatrists for routine foot care; and dietitians and diabetes educators who teach the skills needed for daily diabetes management.