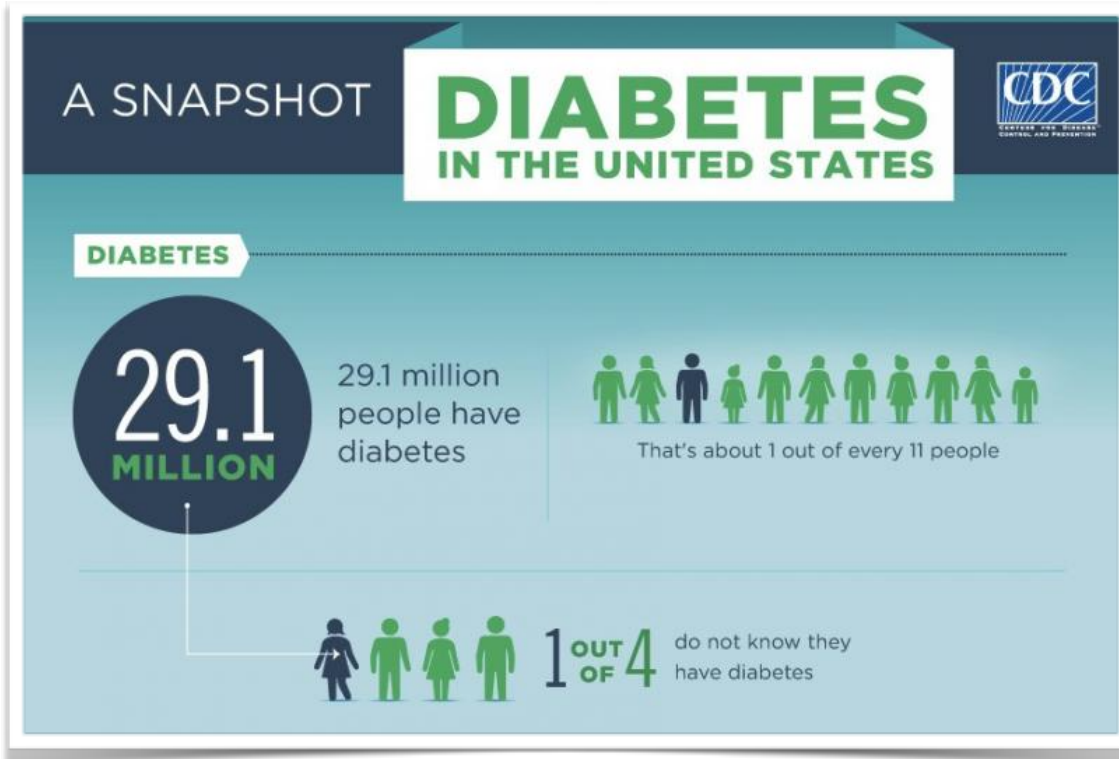


DIABETES

WHAT YOU NEED TO KNOW



1 IN 4 DON'T KNOW THEY HAVE DIABETES

There are 3 types of Diabetes: **Type 1**, **Type 2** & **Gestational Diabetes**

Type 1: Occurs when your pancreas can't make insulin. Type 1 patients are insulin dependent as a result. **Type 2:** Is caused by your body not efficiently using insulin. **Type 2** is the most common type of Diabetes affecting 9 out of 10 who are diagnosed with Diabetes.

Gestational: Occurs only during pregnancy.



Public Health
Prevent. Promote. Protect.

MIDDLETOWN

DIABETES SYMPTOMS

1

BLURRED VISION

The changing amount of fluid in your body may impact the lenses of your eyes making it hard to focus.

2

CUTS & BRUISES

Diabetes affects the nerves & blood circulation making it difficult for your skin to repair.

3

HUNGER & FATIGUE

When you have diabetes, your body has trouble converting food to energy.

4

FREQUENT URINATION & INCREASED THIRST

Diabetes increases your blood sugar levels, making it more difficult for your kidneys to function



LOWER YOUR RISK

Maintain a healthy diet with more fruits & vegetables, whole grains, fiber & less sugar. Being physically active also lowers your risk!



TALK TO YOUR DOCTOR

It is always a good idea to talk with your doctor about your family history & lifestyle habits.