

# What is Diabetes?

Diabetes is a life-long disease in which the body does not make or cannot use insulin correctly. Insulin is a hormone made by the body. Insulin helps the body use foods like sugars and starches for energy. With diabetes, food is not used for energy because there is a problem with insulin. Since sugars and starches are not being used, these foods stay in the body as glucose. Glucose is a form of sugar the body makes. The classic sign of diabetes is too much glucose in the blood.

## Types of Diabetes

There are three different types of diabetes. High blood glucose levels are common to each type.

### Type 1 Diabetes

Occurs most often in children and young adults. In Type 1 diabetes, insulin is not being made in the body. Since our body needs insulin to function, insulin shots are necessary for treatment.

### Type 2 Diabetes

Occurs most often in adults. In Type 2 diabetes, insulin is being made in the body, but is not used well. Some people treat Type 2 diabetes through diet and exercise, pills, insulin shots, or a combination of these.

### Gestational Diabetes

Gestational diabetes occurs only in pregnancy. In gestational diabetes, a woman's body needs more insulin than usual, but not enough is being made. Gestational diabetes typically ends after childbirth. The woman is at risk for Type 2 diabetes later in life.

### Pre-Diabetes

Pre-diabetes is a term used when glucose levels are higher than normal, but do not show diabetes. People with pre-diabetes are at high risk for Type 2 diabetes.

## Symptoms of Diabetes

Many symptoms can occur with diabetes. However, some people have no symptoms at all. Symptoms that may be present include:

### Type 1 (can occur with Type 2)

- Frequent urination
- Increased thirst
- Increased hunger
- Unexplained weight loss
- Weakness / tiredness
- Nausea / vomiting

### Type 2 (can occur with Type 1)

- Tiredness
- Blurred vision
- Poor wound healing
- Itchy skin
- Numbness, tingling in hands, legs, feet
- Recurring infections

## Learn to Live Well with Diabetes Education

CRMC offers a Learn to Live Well Diabetes Education program. The program includes education for people with all types of diabetes, those just diagnosed and those who have had diabetes for many years. Education helps people better manage the disease and prevent future problems.

### Education Topics

- Understanding diabetes
- Blood glucose control
- Eating well
- Activity
- Possible problems
- Treatment
- Emotional health
- Staying healthy
- Planning for success

## How do I sign up for Diabetes Education?

- A referral from your health care provider is needed. Medicare, Medicaid and many other insurances help pay for diabetes education.
  - Contact the Diabetes Education program at 218-546-4302