

Diabetes

If you have diabetes (sugar), your body cannot use food as it should. With diabetes, your body does not make enough insulin to help your body use food. As a result your blood sugar is too high (even if you do not eat sugar). This high blood sugar causes many problems with body functions of the heart, kidneys and blood circulation.

Symptoms

- a need to urinate frequently
- a need to drink more water
- weakness and tiredness that don't go away
- constant hunger OR lack of hunger
- changes in the way you see
- infections
- slow healing of cuts
- nausea, vomiting

Treatment

Diabetes can be treated! If you have some of the symptoms listed, SEE YOUR DOCTOR!

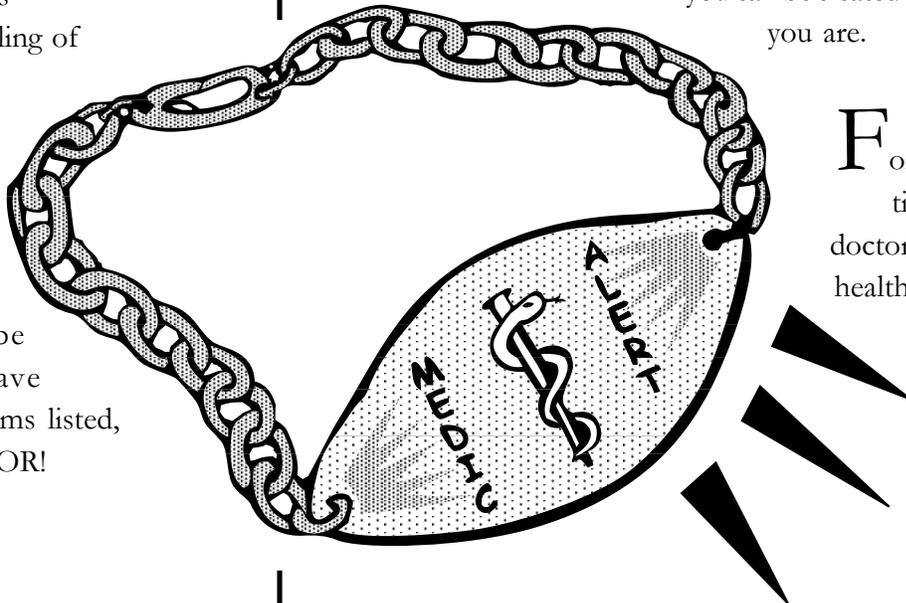
There is more than one kind of diabetes. Your doctor can tell you what kind you have and how to control it. Some people can control diabetes with diet and exercise alone. Others need to do that plus take insulin shots or pills to control their blood sugar.

You and your doctor can plan a program that works for you. You should follow the food plan carefully. Eat the kind and amount of food at the times the doctor tells you.

Exercise can help control your blood sugar too. Exercise helps lower your blood sugar. It helps your body use insulin. It also helps you reach and keep your ideal weight.

Remember: Wear a tag that shows you have diabetes so that you can be treated no matter where you are.

For more information, talk to your doctor or your county health department. ■



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