



American Diabetes Month

by NEWLIFEOUTLOOK TEAM

Raising Diabetes Awareness

Diabetes is thought to affect as many as 30 million Americans.

Unlike type 2 diabetes, there's nothing you can do to prevent type 1 diabetes or cure it, and the exact cause is unclear. Although there is no cure, with medication, diet and exercise, type 1 diabetes can be managed.

Type 1 diabetes can cause major complications with the major organs, complications which can be life threatening. Carefully sticking to a treatment plan reduces the risk of these complications.

In addition to demanding careful adherence to a treatment plan, type 1 diabetes can also have a significant emotional impact, as a result of the stress and worry caused by constantly working to avoid complications. Joining a support group, either online or somewhere like a community centre, and talking with other people who understand exactly what you're going through can lift a huge weight off your shoulders.

Learn more about both type 1 and type 2 diabetes below.

Another Awesome
newlifeoutlook
Infographic

American Diabetes Month



NEARLY **30M** people in
AMERICA have diabetesⁱ

Type 1 Diabetes

Type 1 diabetes stops the body from producing insulin, which is necessary for converting sugar and other foods into energy.ⁱⁱ

JUST 1 IN 20



DIABETICS ARE TYPE 1

A person can be diagnosed with type 1 diabetes at any age, but it is usually identified in children and young adults. The majority of type 1 diabetes diagnoses – 70% – happen before a person reaches 30 years old, and as a result it has been called ‘juvenile diabetes’ in the past. It may also be called ‘insulin-dependent diabetes’.ⁱⁱⁱ

Type 2 Diabetes

With type 2 diabetes the body produces insulin, but can’t use it properly. Initially, the pancreas makes more insulin to make up for the problem, but over time it can’t keep up and the body’s blood glucose (or blood sugar) levels rise higher than they should.^{iv}

Type 2 diabetes is the most common form of diabetes, affecting an estimated 27.6 million Americans.^v



Who's at Highest Risk?

More people of color than Caucasians are diagnosed with type 2 diabetes, with Native Americans the ethnic group most affected. Nearly 16% of the Native American population is diagnosed with diabetes.ⁱ

In people of all ethnicities, the risk of developing type 2 diabetes increases with age – 11.3% of people over 20 have type 2 diabetes, compared to nearly 27% of people over 65.^{viii}

DID YOU KNOW?



Type 1 diabetes symptoms can develop very quickly in children – in a matter of days or weeks. In adults symptoms typically develop over a few months. Make sure to monitor yourself, your child’s, or loved one’s symptoms over time.^{vii}

Let's Discuss Prevention

While type 1 diabetes can’t be prevented, you can take steps to prevent the more common type 2 diabetes. While not everyone with type 2 diabetes is overweight, carrying extra pounds significantly increases your risk of developing it.

EAT WELL + EXERCISE^{ix}



Swap sugary drinks like soda, energy drinks and juices for water, coffee and tea.



Avoid bad fats, like those found in fried foods, and eat good fats that are found in nuts, seeds and fish.



Reduce the amount of red and processed meats you eat and go for poultry and fish instead.



Choose whole grains like brown rice and whole wheat bread over white rice and white bread.



Increasing your physical activity improves your muscles’ ability to properly use insulin, reducing your chance of developing diabetes.



Know the Symptoms^{vi}

If you are experiencing one or more of these symptoms, come see me!

- FATIGUE
- BLURRED VISION
- WEIGHT LOSS
- BEING VERY THIRSTY
- HAVING TO URINATE MORE OFTEN THAN NORMAL
- ITCHY GENITALS OR FREQUENT YEAST INFECTIONS
- CUTS AND SCRAPES HEALING SLOWLY

ⁱ <http://www.diabetes.org/diabetes-basics/statistics/>
ⁱⁱ <http://www.diabetes.org/diabetes-basics/type-1/>
ⁱⁱⁱ <http://www.mayoclinic.org/diseases-conditions/diabetes/expert-blog/types-of-diabetes/bgp-20056516>
^{iv} <http://www.diabetes.org/diabetes-basics/type-2/facts-about-type-2.html>
^v <http://www.diabetes.org/in-my-community/american-diabetes-month.html#sthash.d53c1Lkx.dpuf>
^{vi} <http://www.nhs.uk/Conditions/Diabetes-type1/Pages/Symptoms.aspx>
^{vii} <http://www.mayoclinic.org/diseases-conditions/type-2-diabetes/basics/symptoms/con-20031902>
^{viii} <http://www.healthline.com/health/type-2-diabetes/statistics>
^{ix} <http://www.hsph.harvard.edu/nutritionsource/preventing-diabetes-full-story/>