

Diabetes

Facts about a serious, but manageable disease



*Don't Feel Guilty ∞
You Can't Do It All!*

What is Diabetes?

Diabetes is a life changing diagnosis because the disease affects every organ of the body. Medication and dietary management are essential to delaying and preventing many serious side effects of the disease. Type 2 diabetes is the most common form of the illness, and the aged are at higher risk for developing it than other groups.

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications.



Diabetes Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Complications of Diabetes

Recent studies indicate that the early detection of diabetes symptoms and careful management can decrease the chance of developing the complications of diabetes.

- Heart disease & stroke
- Kidney damage
- Nerve damage
- Vision problems
- Foot & skin problems
- Hearing loss

Caring For Diabetes Patients

Through careful monitoring of blood glucose, proper diet, and skin integrity our caretakers can assist with preventing those detrimental effects. If appropriate, our Registered Nurses can delegate and train our caregivers to give Insulin.

Need more information?

American Diabetes Association
1-800-342-2383
www.diabetes.org

Texas Diabetes Council,
Texas Department of Health
512-458-7490
www.tdh.state.tx.us/diabetes/tdc.htm

Diabetic Connect
www.diabeticconnect.com

Daily Strength
www.dailystrength.org