



November 2016



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Welcome to Wellness and Recovery Newsletter

November is American Diabetes Month. Diabetes is a serious medical condition. Over 30 million people are living with diabetes. With proper management and treatment people are living fulfilling lives. This newsletter includes general information about diabetes. The information is not intended to be a substitute for medical advice. If you suspect that you or a loved one has diabetes seek medical attention right away.

We hope you enjoy this months newsletter.

WHAT IS DIABETES?

Diabetes is a serious complex disease in which there is too much sugar circulating in the blood. The body can produce and store sugar depending on what is needed. Most of the food eaten is turned into sugar so that we have enough energy to carry out daily activities. The body has a natural way to regulate blood sugar levels. The body produces a hormone called insulin which helps to move sugar in or out of the blood as needed.

Multiple factors contribute to diabetes. Diabetes is classified by type, based on the cause of the disease. Here are two examples.

- Type 1 diabetes (juvenile diabetes) - The body does not produce insulin. Because we need insulin to live; insulin must be replaced by injection or an insulin pump.
- Type 2 diabetes (most common) – The body does not use insulin properly. This is called insulin resistance. Over time, the body cannot make enough insulin to overcome the resistance.

SYMPTOMS

Changes in your body can signal that something may be wrong. The onset of symptoms may be gradual or sudden. A person usually seeks medical treatment if the symptoms worsen and/or do not go away. Here is a *partial* list of common symptoms of diabetes:

- Frequent urination
- Extremely tired
- Unexplained weight loss
- Blurred vision
- Very thirsty or hungry

DIAGNOSIS AND MANAGEMENT OF DIABETES

There are simple blood tests commonly used to diagnose diabetes. It is important to determine if other health problems are present and causing symptoms of diabetes. Your doctor and/or healthcare provider may do a complete physical examination. Treatment is based on your personal needs. In general, treatment may include controlling blood sugar levels, medication and insulin, life style changes such as exercise, nutrition and support.

References: www.diabetes.org