



Diabetes

Engage your health team!

FACT: Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.

If you think you might have diabetes, visit a physician for a diagnosis. You might have **SOME** or **NONE** of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.

You can help prevent or postpone type 2 diabetes by taking a central role in your own self care:

- Don't smoke.
- Achieve a healthy weight and maintain it.
- Be physically active.
- Limit your intake of fat and sugar.
- Eat regular, balanced meals that include the four food groups.
- Keep your cholesterol and other blood fats within the target level.
- Maintain a normal blood pressure.

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- Monitor your blood glucose regularly, as recommended by your **doctor**.
- Take your medication as prescribed. Ask your **pharmacist** about questions you may have on the use of your medicines, their safety or possible drug interactions.
- Take care of your feet by examining the skin for redness and sores. Ask your **pharmacist** for suggestions on products that can help improve your foot care.
- Make a date to visit your **doctor, dentist, and eye specialist** for regular check ups. Your role in making these visits is key to preventing problems.
- Consult a **dietitian** about creating balanced meals.
- If you drink alcohol, be moderate in how much you drink. Avoid drinking on an empty stomach as this can cause hypoglycemia (low blood glucose).
- If you are pregnant, ask your **doctor** about using artificial sweeteners.

