

What is Diabetes?

- **Diabetes** is a sickness that messes with how your body handles insulin. Insulin helps your body use sugar for energy. When your body does not make enough insulin or does not use it properly, sugar piles up in your blood. This can lead to big health issues.

Diabetes Symptoms

- Always feeling thirsty
- Always feeling hungry
- Having to pee often
- Vision changes
- Weight changes
- Sores that don't go away quickly
- Dry skin or patches of dark skin
- Always feeling tired
- Trouble with vision
- Having trouble focusing

Types of Diabetes

Prediabetes

- When your blood sugar levels are a bit higher than normal but not high enough for a type 2 diabetes label.
- Having prediabetes makes you more likely to get type 2 diabetes, heart disease, and stroke.

Type 1 Diabetes

- Happens when the body mistakenly attacks itself, stopping it from making insulin.
- People with type 1 diabetes can be any age, and symptoms often show up quickly.
- They need to take insulin every day to stay healthy.

Type 2 Diabetes

- Occurs when the body does not use insulin well and can't keep blood sugar levels in check.
- It usually takes many years to develop and often shows up in adults, but more and more in younger people too.
- Type 2 diabetes can sometimes be prevented or delayed by living healthily, like losing weight, eating well, and staying active.

Gestational Diabetes

- Shows up during pregnancy in women who've never had diabetes before.
- Babies born to moms with gestational diabetes might face more health risks.
- Usually goes away after the baby is born.

To schedule an appointment with your primary care provider at Share Ourselves, please call 949-270-2100.