

What Is Diabetes?

Diabetes means that there is too much sugar (glucose) in the blood. It is a disease in which the body can't use food as it should. In a person without diabetes, a hormone called insulin helps turn food into energy. When a person has diabetes, either the body doesn't make enough insulin or doesn't use it well.

Uncontrolled diabetes can cause blindness, kidney and heart disease, and severe foot problems.

If you are at risk for diabetes, have your blood sugar tested every three years.

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This brochure is also available in Spanish, Portuguese, Haitian Creole, Chinese, Vietnamese, and Khmer.
Produced by the
Massachusetts Health Promotion Clearinghouse
The Medical Foundation
www.maclclearinghouse.com

Diabetes Are You at Risk?

*Millions of people
have diabetes
and don't know it*

DIABETES
PREVENTION
AND CONTROL
PROGRAM
*Working together for
prevention and control*
Massachusetts Department of Public Health



Kinds of Diabetes

Type 1 diabetes usually occurs in children and young adults, but can develop at any age. People with type 1 diabetes need insulin every day.

Type 2 diabetes usually occurs in adults who weigh too much, are in their middle or later years, and have family members with diabetes. Many people can control this type of diabetes with diet, weight loss, and exercise. Some will also need diabetes pills or insulin.

To take care of **type 1** or **type 2** diabetes, a person needs to eat healthy foods, exercise, take medicine if it is prescribed, and see a doctor on a regular basis.

Risks for Diabetes

You may be at higher risk to develop diabetes if you:

- are overweight
- are inactive
- are Latino, African American, Native American, or Asian
- have a family history of diabetes
- have high blood pressure
- have an HDL cholesterol level of 40 mg/dl or less and/or a triglyceride level of 150 mg/dl or more
- are age 40 or older
- are a woman who has had a baby weighing more than nine pounds
- have had diabetes during pregnancy

Symptoms of Diabetes

Are you:

- tired?
- hungry?
- thirsty?
- losing weight?

Do you:

- need to urinate often?
- have frequent skin or genital infections?
- have blurry vision?
- have slow-healing cuts?
- have numb or tingling feet?

These are common symptoms, but many people with diabetes may not have them.

Your Diabetes Screening Info

Today's date: _____

The time is: _____

It has been hours since I had something to eat.

My blood glucose (sugar) is: mg/dl.
Capillary whole blood glucose

What Does This Number Mean?

Normal fasting blood glucose is less than 110 mg/dl; two hours after eating, normal blood sugar is less than 140 mg/dl.

- My blood sugar is fine right now. If I have any of the listed risks for diabetes, I should be retested every three years.
- My blood sugar is high today. It is important that I have my blood sugar tested soon by my doctor.

- The blood test you had today is a **screening** test. It tells you what your blood sugar level is right now but it does **not** tell you if you have diabetes.
- Only a medical doctor can tell you whether or not you have diabetes.

Remember...

- Watch out for the symptoms of diabetes
- Have your blood sugar tested by your doctor soon if it is high today