

What is Diabetes?

- Diabetes is a chronic disease that affects how your body turns food into energy.
- Most of the food you eat is broken down into sugar and released into your bloodstream.
- Your pancreas makes a hormone called insulin, which is involved in converting the blood sugar into your body's cells for use as energy.
- If you have diabetes, your body either doesn't make enough insulin or can't use the insulin well as it should.
- When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream, which over time can cause serious health problems, such as heart disease, vision loss, and kidney disease.

Who is at risk?

There are Type 1, Type 2, and Gestational diabetes that targets different risk groups.

Type 1 Diabetes:

- Family history
- Age

Type 2 Diabetes:

- Have pre-diabetes
- Overweight
- 45 years or older
- Family history
- Physically inactive
- Have ever had gestational diabetes

Gestational Diabetes:

- Have pre-diabetes
- Overweight
- 25 years or older
- Family history
- Given birth to a baby over 9 pounds
- Have polycystic ovarian syndrome

Diabetes-related Complications

- Heart disease
- Stroke
- Kidney failure
- Nerve pain
- Lower-limb amputations
- Adult-onset blindness

For more information

- Talk to your healthcare professional
- Enroll in a diabetes educational program with the American Diabetes Association
- Learn about prevention options with YMCA Diabetes Prevention Program
- Visit www.cdc.gov/diabetes

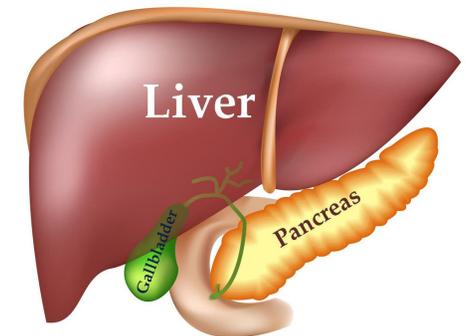


Mission

The mission of the Asian Pacific Health Foundation (APHF) is to advance health and wellness for the vulnerable groups in San Diego by providing health education and free community health screenings for hepatitis B and C, diabetes, hypertension, and osteoporosis at community centers.

Contact

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Diabetes

General Information

The Information provided is a courtesy of CDC.

What are the differences between each type?

Pre-Diabetes

- Pre-diabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes.
- More than 1 out of 3 American adults have pre-diabetes. Of those with pre-diabetes, 90% don't know they have it.
- Pre-diabetes puts you at increased risk of developing Type 2 diabetes, heart disease, and stroke.

Type 1 Diabetes

- Type 1 Diabetes is caused by an autoimmune reaction that destroys the beta cells in the pancreas responsible for making insulin. This process can go on for months before any symptoms appear.
- Type 1 diabetes is usually diagnosed in children, teens, and young adults, but it can develop at any age.
- If you have Type 1 diabetes, your pancreas isn't making insulin or is making very little. Without insulin, blood sugar builds up in the bloodstream.
- Type 1 diabetes is less common than Type 2—about 5% of people with diabetes have Type 1.

Type 2 Diabetes

- If you have Type 2 diabetes, cells don't respond normally to insulin. This is called insulin resistance. Your pancreas makes more insulin to try to get cells to respond.
- Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for pre-diabetes and Type 2 diabetes.
- High blood sugar is damaging to the body and can cause other serious health problems.

What are the symptoms?

These are the common symptoms between all three types:

- | | |
|-----------------------------|-----------------------------------|
| Urinate often | • Extreme Thirst |
| Weight Loss | • Extreme Hunger |
| Blurry vision | • Have sores that heal slowly |
| Numb or tingling hands/feet | • Have more infections than usual |
| Feel very tired | |
| Dry skin | |

Type 1 diabetes may also cause nausea, vomiting, or stomach pains. Type 1 diabetes symptoms can develop in just a few weeks or months and can be severe.

Gestational diabetes usually shows up in the middle of the pregnancy and typically doesn't have any symptoms. If you're pregnant, you should be tested between 24 and 28 weeks of pregnancy.

How is Diabetes diagnosed?

A doctor can determine if a person has diabetes by discussing symptoms, measuring the blood sugar level, or taking a blood sample.

What are different tests for diabetes?

HbA1C Test measures your average blood sugar over the past 3 months. An A1C below 5.7% is normal, between 5.7 and 6.4% indicates you have prediabetes, and 6.5% or higher indicates you have diabetes.

Fasting Blood Sugar Test measures your blood sugar after an overnight fast.

Glucose Tolerance Test measures your blood sugar before and after you drink a liquid that contains glucose (sugar).

What is your blood sugar today?

Blood sugar: _____ mg/dL

HbA1c Test _____ %

How is Diabetes treated?

There isn't a cure yet for diabetes, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life.



Tips for Eating Healthy with Diabetes:

- Eat less saturated fat (e.g., eat baked, broiled, or stewed fish and meats instead of fried)
- Eat less sugar (e.g., drink water, sugar-free soda, or unsweetened iced tea)
- Eat healthy portion (e.g., do not skip meals, eat slowly and take a break between bites)

Tips for Being Active with Diabetes:

- Start by doing what you can do, and then look for ways to do more until you reach 150 minutes a week of activity.
- Check your blood sugar before you are physically active.
- Carry a snack with you in case your blood sugar goes too low.
- Wear shoes that fit well and are made for the kind of activity you do.
- Check your feet every day.