



DIABETES FACT SHEET

WHAT IS DIABETES?

Diabetes is a disease of high blood sugar. When you have diabetes, your blood sugar is out of balance. Your body is not able to keep your blood sugar level at a healthy balance on its own.

DO YOU HAVE DIABETES? SIGNS TO LOOK FOR:

- Thirsty all the time
- Urinate frequently
- Increase in appetite
- No energy
- Losing weight for no reason
- Cuts and bruises heal slowly
- Numbness or tingling of toes and fingers
- Acanthosis Nigricans (causes areas of dark, thick velvety skin in body folds and creases)
- Slow healing of wounds

WHAT ARE THE RISK FACTORS?

- Overweight (especially in the abdominal section)
- Family members have diabetes
- Over 40 years of age
- High blood pressure
- High cholesterol
- Inactivity

WHAT DO I DO IF I THINK I HAVE DIABETES?

Make an appointment with your doctor and take a list of the symptoms you are experiencing. He/ she may want to do some tests to determine if you have diabetes.

WHAT IS THE TREATMENT FOR DIABETES?

- Test your blood sugar.
- Take your insulin and/ or medication, if prescribed.
- Follow your meal plan provided by your doctor.
- Exercise regularly.
- Keep your weight under control.
- Avoid alcohol.
- Keep your medical appointments.

RPM Branch/County: _____
RPM Branch Address: _____
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