



Jasper School District Wellness Newsletter  
November 2017

**Did you know?** - More than 30 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it.

### **What is diabetes?**

There are three main types of diabetes:

- **Type 1 diabetes** – Your body does not make insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.
- **Type 2 diabetes** – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.
- **Gestational diabetes** – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

### **Diabetes Symptoms**

Common symptoms of diabetes:

- Urinating often
- Extreme thirst
- Feeling very hungry - even though you are eating

- Extreme fatigue
- Blurred vision
- Slow healing cut/bruises
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

**Early detection** and treatment of diabetes can decrease the risk of developing complications of diabetes

## **Preventing Type 2 Diabetes**

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

- Losing 7% of your [body weight](#) (or 15 pounds if you weigh 200 pounds)
- [Exercising moderately](#) (such as brisk walking) 30 minutes a day, five days a week

Don't worry if you can't get to your [ideal body weight](#). Losing even 10 to 15 pounds can make a huge difference.

## **Take diabetes seriously!!**

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is not a serious disease. That is **not** correct. Diabetes is **serious**, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. **It's not easy, but it's worth it!**

## **You've Been Diagnosed with Diabetes. Now What?**

It's a balancing act—food, activity, medicine, and blood sugar levels—but you can do it. Meeting with a diabetes educator is a great way to get support and guidance, including how to:

- Follow a healthy eating plan.
- Get physically active.
- Test your blood sugar.
- Give yourself insulin by syringe, pen, or pump, if needed.
- Monitor your feet, skin and eyes to catch problems early.
- Get diabetes supplies and store them according to package directions.
- Manage stress and deal with daily diabetes care.