

Jasper School District Wellness Newsletter

November 2013

Do you or someone you know have diabetes? Chances are you do.

American Diabetes Month takes place each November and is a time to come together as a community to stop diabetes!

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion

Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure, and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

The common symptoms are:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet (type 2)

Many people are living with diabetes, and don't even know it. Health officials recommend adults be screened and tested regularly by their physician. Come by and visit your school nurse for free glucose screens!

Resources: www.diabetes.org

www.stopdiabetes.com

www.cdc.gov/diabetes