

Diabetes Information Sheet

Diabetes is a chronic health condition. It affects how your body turns food into energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, it can cause problems. There will be too much blood sugar in your bloodstream. Over time, that can cause serious health problems. This can be heart disease, vision loss, and kidney disease.

Symptoms

If you have any of these symptoms, see your doctor. They will be able to test your blood sugar.

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

Complications

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 won't be able to keep up. Your blood sugar then rises. This sets the stage for prediabetes and type 2 diabetes. High blood sugar is harmful to the body. It can cause other health problems. Such as:

- Blindness
- Kidney Failure
- Heart Disease
- Stroke
- Loss of toes, feet or legs.