

DIABETES 101

Developed by the Diabetes Foundation of Mississippi



The mission of the Diabetes Foundation of Mississippi (*DFM*) is to prevent diabetes and associated complications as well as to improve the lives of every child, every adult, and every family touched by type 1 or type 2 diabetes. We accomplish this through advocacy, education, and resources.



DIFFERENT TYPES OF DIABETES

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy. Your body can make glucose, but glucose also comes from the food you eat.

TYPE ONE

The body attacks itself

Affects 5% of the population with diabetes

Usually develops in early life and requires Insulin therapy

TYPE TWO

The body cannot break down food for energy which causes very little Insulin

Affects 95% of the population with diabetes

Usually develops later in life and can be managed by lifestyle changes and oral medications or injections

GESTATIONAL

Hormone made by the placenta prevents the body from using insulin effectively. Glucose builds up in the blood instead of being absorbed by the cells

Affects 5-9% of mothers each year

Develops during pregnancy and usually goes away after the baby is born but puts mother at higher risk for Type 2 later in life

FAST FACTS ON **DIABETES**

- Diabetes is a long-lasting health condition that affects how your body turns food into energy
- Your body breaks down most of the food you eat and turns it into sugar for energy - also known as glucose, and releases it into your bloodstream.
- When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.
- With diabetes, your body does not make enough insulin or cannot use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream.



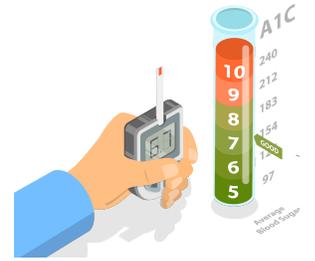
A B C ' S

OF DIABETES

A

1C TEST

measures average blood sugar over 2 to 3 months



B

BLOOD PRESSURE

the force of blood flow inside blood vessels.



C

CHOLESTEROL

a group of blood fats that affect the risk of heart attack or stroke



' S

SAY "NO" TO SMOKING

smoking can increase your risk for diabetes



Complications that may develop when having **UNCONTROLLED DIABETES**

Being aware of these potential health issues allows you to take control of your diabetes and work on preventing them.



Retinopathy (Eye Problems)

Someone with Diabetes might have Glaucoma, Macular Degeneration, Glaucoma, Cataracts, and other ailments involving their eyesight



Diabetic Foot Problems

Nerve damage can affect the feeling in your foot and raised blood sugar can damage the blood flow. This can cause a slower healing process for cuts/sore feet.



Nephropathy (Kidney Problems)

Damage to your kidneys makes it difficult to remove excess fluid and waste from your body. This is caused by high blood sugar and blood pressure levels.



Oral Health, Hygiene, & Gum Disease

Too much sugar in your blood can lead to sugar in your spit. The mix of spit and bacteria makes acid which attacks your tooth enamel and gums.



Other Conditions

Other conditions may include being at risk for certain cancers, damage to blood vessels in reproductive organs, and possible amputations due to lack of blood flow to appendages.