

# Diabetes

Diabetes is a condition that happens when your blood sugar (glucose) is too high. It develops when your pancreas doesn't make enough insulin or any at all, or when your body isn't responding to the effects of insulin properly. Diabetes affects people of all ages. Most forms of diabetes are chronic (lifelong), and all forms are manageable with medications and/or lifestyle changes.

## COMMON SYMPTOMS



Increased thirst & dry mouth



Frequent urination



Fatigue



Slow-healing sores or cuts



Blurred vision

\*The severity of symptoms can vary based on the type of diabetes you have.\*

## DIAGNOSE/TEST

Healthcare providers diagnose diabetes by checking your glucose level in a blood test. The common tests used are fasting blood glucose and A1C.

Type of test	In range	Pre-diabetes	Diabetic
Fasting blood glucose	Less than 100	100-125	126 or higher
A1C	Less than 5.7%	5.7%- 6.4%	6.5% or higher

## TREATMENT



Blood sugar monitoring



Medication



Diet



Exercise

## PREVENTION



Eat a healthy diet



Physical activity



Manage stress



Limit alcohol intake



Get adequate sleep (7-9 hours)



Quit smoking