



Healing Hands
Health Center



Journey
For Health

Diabetes

DIABETES MELLITUS

Most Common Types

- ▶ Type 2 Diabetes- a chronic condition that affects the way the body processes blood sugar (glucose)
- ▶ Type 1 Diabetes- a chronic condition in which the pancreas produces little or no insulin
- ▶ Prediabetes- a condition in which blood sugar is high, but not high enough to be considered type 2 diabetes



1 OUT OF **3** U.S. ADULTS
HAS **PREDIABETES,**
ONLY **11%** KNOW
THEY HAVE IT.

Type 1 & 2 Diabetes

- ▶ Type 1 diabetes: Insulin producing cells in the pancreas are destroyed by your immune system because it mistakes them as harmful bacteria
- ▶ Type 2 diabetes, your body either resists the effects of insulin, which is a hormone that regulates the movement of sugar into your cells, or doesn't produce enough insulin to maintain a normal glucose level.

Symptoms

- ▶ Increased thirst
- ▶ Frequent urination
- ▶ Increased hunger
- ▶ Weight loss
- ▶ Fatigue
- ▶ Blurred vision
- ▶ Slow healing sores or frequent infections
- ▶ Areas of darkened skin

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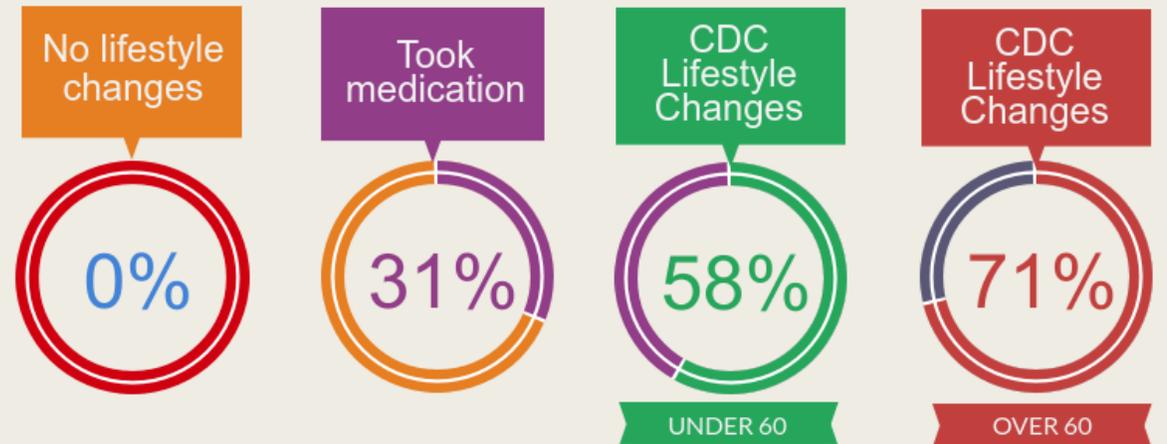
Causes

- ▶ The exact cause of type 1 diabetes is unknown.
- ▶ There are other possible causes such as:
 - ▶ Genetics
 - ▶ Exposure to viruses and other environmental factors
- ▶ Type 2 diabetes:
 - ▶ Genetics
 - ▶ Environmental factors, such as excessive weight and inactivity

Complications

- ▶ Heart and blood vessel disease
- ▶ Nerve damage
- ▶ Kidney damage
- ▶ Eye damage
- ▶ Foot damage
- ▶ Hearing impairment
- ▶ Skin conditions

Decrease in Risk for Diabetes



Prevention

- ▶ There is no way to prevent type 1 diabetes
- ▶ Type 2 diabetes can be prevented by:
 - ▶ Eating healthy foods (lower in fat and calories)
 - ▶ Physical activity (minimum of 30 minutes a day)
 - ▶ Lose excess pounds
 - ▶ As reported by the American Diabetes Association, daily consumption of diet drinks was associated with a 36% greater risk for metabolic syndrome and a 67% increased risk for type 2 diabetes.

PREVENT DIABETES

NATIONAL DIABETES PREVENTION PROGRAM: A PROVEN LIFESTYLE CHANGE PROGRAM



Are you eligible for the program? Please check at least two of the following criteria:

- 18 years of age or older (required)
- BMI ≥ 24 kg/m² (≥ 22 if Asian)
- Diagnosis of pre-diabetes or Gestational Diabetes Mellitus based on one or more of the following: fasting blood glucose (range 100-125 mg/dl); 2 hour glucose (range 140-199 mg/dl); hemoglobin A1c (range 5.7-6.4); and/or previous Gestational Diabetes Mellitus (may be self-reported)

Who:
People who have been diagnosed with pre-diabetes or are at risk for diabetes

When:
Tuesdays at 5:30 PM
Classes begin August 8, 2017 and last 12 months

Where:
Public Health Clinic South
2433 Regency Road

For more information contact
Tara Mason, Health Educator, at
859-288-2347.

IN THIS CLASS YOU WILL LEARN HOW TO:



EAT HEALTHY



BE ACTIVE



SELF-MONITOR



PROBLEM SOLVE



MANAGE STRESS



CHANGE YOUR LIFESTYLE



STAY MOTIVATED



BE POSITIVE

