

VitaMin

Vital health information in a minute

Diabetes: Get the facts



25%

of people with diabetes don't even know they have it¹

- Number one cause of death in the U.S.¹
- Affects over 25 million Americans¹
- Diet and exercise can help prevent diabetes¹

What is diabetes?

Diabetes is a disease that causes too much glucose to build up in your blood. Glucose is a type of sugar. Where does it come from? Well, most of the food we eat turns into glucose. Insulin, a hormone made by your pancreas, helps carry the glucose from your blood into your cells. When you have diabetes, your pancreas doesn't make enough insulin. Or, your body can't use its own insulin very well.²

Who's at risk?

People who are:

- Over 45
- Have a family history of diabetes
- Overweight
- Don't exercise regularly
- Non-Hispanic blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives³

People who have diabetes may have these symptoms:²

- Urinating a lot
- Being very thirsty
- Being very hungry
- Losing weight for no reason
- Having a sudden change in vision
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

1 <http://www.ndep.nih.gov/diabetes-facts/index.aspx>

2 <http://www.cdc.gov/diabetes/consumer/learn.htm>

3 <http://www.diabetes.org/diabetes-basics/prevention/risk-factors/>

Talk to your doctor if you think you may have diabetes.

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