

DIABETES

Awareness

NOVEMBER

Diabetes Awareness

November is National Diabetes Awareness Month, a time when communities and health professionals across the country team up to raise awareness about diabetes. Diabetes can lead to damage in the eyes, kidneys, nerves, and heart, and is also linked to certain types of cancer.

Understanding Diabetes

Diabetes refers to a disruption in how the body utilizes insulin, resulting in elevated blood glucose levels. When carbohydrates are consumed, they are broken down into glucose, which is typically used as an energy source for cells or stored for later use. There are two types of diabetes that impact this process differently.

Type 1 diabetes (<10% of cases) is a chronic condition wherein the pancreas produces little to no insulin. In such cases, the administration of insulin is necessary to enable the body to use glucose for energy and maintain normal blood glucose levels.

Type 2 diabetes (>90% of cases) is a chronic condition characterized by the gradual development of insulin resistance in the body, possibly accompanied by insufficient insulin production. This is managed through lifestyle adjustments to reduce insulin resistance, as well as the use of medications.

Prediabetes refers to a state of insulin resistance that has not yet progressed to type 2 diabetes. It is essential to be aware of whether you have any of these conditions to prevent potential complications in the future.

Acknowledging The Signs & Symptoms

Symptoms of high blood sugar:

- Frequent urination
- Persistent thirst, regardless of fluid intake
- Excessive hunger, even with regular meals
- Severe fatigue
- Blurred vision
- Delayed healing of cuts or bruises
- Unintentional weight loss (specific to type 1 diabetes)

Individuals with early diabetes, often referred to as "prediabetes," may not exhibit any symptoms. It's crucial to understand that 1 in 3 people in the U.S. has prediabetes, and many remain unaware of their condition.

Since elevated blood sugar levels can sometimes go unnoticed, many cases of diabetes or prediabetes remain undiagnosed. It is important to consult your doctor and undergo screening for diabetes and prediabetes.

SAVE A LIFE

KNOW THE SIGNS

TYPE 1 DIABETES IS COMMONLY
MISTAKEN FOR
GROWTH SPURTS

COLD OR FLU

URINARY TRACT INFECTIONS

WARNING SIGNS OF

TYPE 1
DIABETES

HEADACHES

WEIGHT LOSS

BLURRY VISION

EXTREME THIRST

FREQUENT URINATION

INCREASED APPETITE

FRUITY BREATH ODOR

FATIGUE AND WEAKNESS

RAPID DEEP BREATHING

VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

HANFORD

740 N. Irwin St.
Hanford, CA 93230
559.272.9551


HEALTHWISE
MEDICAL CLINIC

www.healthwise.clinic

PORTERVILLE

99 W Putnam Ave
Porterville, CA 93257
559.272.9544

DINUBA

561 N Alta Ave. Suite A,
Dinuba, CA 93618
559.725.8165