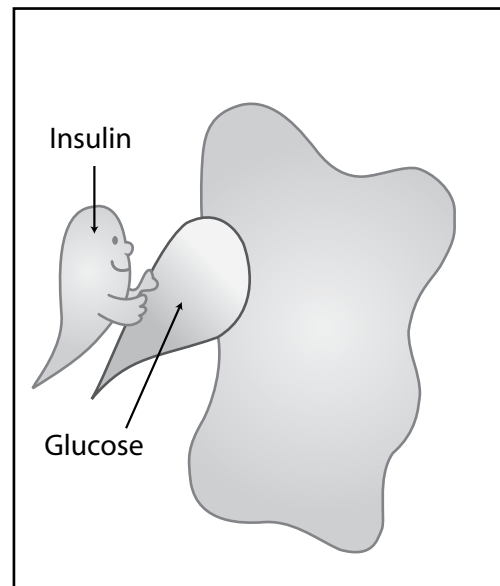
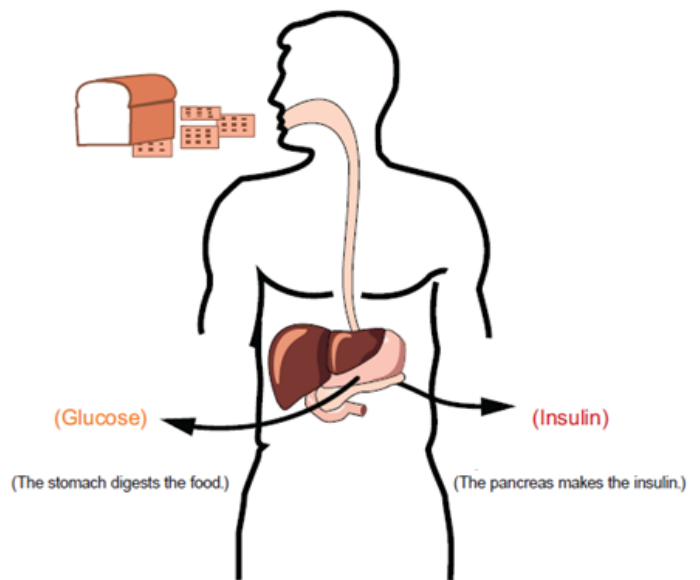


What Is Diabetes?

Diabetes happens when the body does not make enough insulin or cannot use it well. This causes glucose to build up in the blood. As a result, the body does not function well.

Know your body

- The food we eat goes to the stomach, where it is digested. The food is turned into blood glucose in the body. Blood glucose is also called blood sugar. The body uses glucose for energy needed for daily life.
- The blood takes the glucose to the cells where it is turned into energy. However, glucose cannot enter the cells alone: it needs help. Insulin helps the glucose enter the cells. Insulin is a hormone that is made in the pancreas.
- If the body does not produce enough insulin, or if the cells cannot use the insulin well, then the glucose cannot enter the cells and it builds up in the blood.
- People who have high levels of glucose in their blood have prediabetes or diabetes.



Are You at Risk for Type 2 Diabetes?



Name: _____

Check the risk factors you have. The more risk factors you check, the higher your risk for developing type 2 diabetes. Only your health care provider can determine if you have diabetes. On your next visit, find out for sure.

- I am overweight (especially if I have extra weight around the waist).
- I have a parent, brother, or sister with diabetes.
- My family background is Latino, African American, American Indian, Asian American, or Pacific Islander.
- I have had gestational diabetes, or I gave birth to at least one baby weighing 9 pounds or more.
- My blood pressure is 140/90 mmHg or higher, or I have been told by a health care professional that I have high blood pressure.
- My cholesterol levels are not normal. My HDL cholesterol (“good” cholesterol) is 35 mg/dL or lower, or my triglyceride level is 250 mg/dL or higher.
- I do very little physical activity. I exercise fewer than three times a week.

Symptoms of Diabetes

The symptoms of type 2 diabetes develop over time. Some people have symptoms, and others do not. Here are some symptoms of diabetes.



Feeling tired



Sores that don't heal



Increased thirst



Very dry skin



Frequent urination



“Pins and needles”
feeling in the feet



Increased hunger



Blurry vision



Unexplained weight loss



Feeling irritable

Diabetes Complications



Cloudy vision, blindness



Amputation



Fatigue



Foot and Leg Sores



Heart Attack



Burning sensations in the feet, legs, and arms



Yeast Infections



Impotence

And:
Stroke

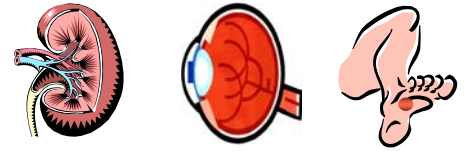
Kidney damage

Digestive problems

Depression

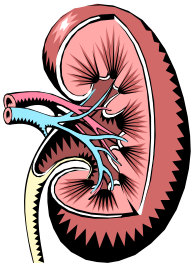


Diabetes and the Kidneys, Eyes and Feet



Diabetes can cause kidney damage

The kidneys are the organs that clean the blood. They process about 200 quarts of blood everyday and remove waste along with extra water from the body. The waste combined with water is called urine.

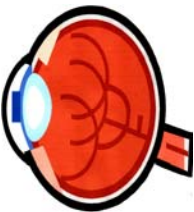


The kidneys and blood vessels inside the kidneys are very delicate. With diabetes, the excess sugar in the blood damages the blood vessels inside the kidneys. Sugar, which isn't normally filtered out of the body by the kidneys, begins to leave the blood along with the waste and appears in the urine. This is why urine is sometimes tested for sugar to see if you have diabetes.

If the blood vessels become damaged, many other important things in the blood, like protein, may also leave in urine. With time, more and more damage occurs. So much damage can occur that, at some point, the waste removal process cannot function properly. The waste is no longer removed from the blood. This build-up of waste in the blood poisons the body.

Diabetes can cause eye damage

Diabetes can affect vision. When blood sugar levels vary, the eye liquids may increase and cause high pressure in the eye. If there is too much liquid in the eye, the eye will swell resulting in blurry vision.



Common vision problems include: cataracts, glaucoma, and diabetic retinopathy.

Cataracts form when the crystalline parts of the eye cloud over. Cataracts can grow over time and damage the ability to see.

Glaucoma is caused by continual high pressure inside the eye. This high pressure can damage the optic nerve and cause blindness if not treated.



Diabetic retinopathy is the worst eye problem that diabetes can cause. Changes in blood sugar over time damage the delicate blood vessels in the retina (the membrane at the back of the eye). If these blood vessels break, the center of the eye will fill with blood and block light from passing through to the retina. This causes vision loss or blindness.

Diabetes can hurt your feet



Diabetes can hurt your feet. Diabetes causes you to slowly lose sensitivity in your toes, feet, and legs. Because you cannot feel your feet or legs very well, you do not know when your feet are hurt or infected. A bad infection may lead to the amputation of a foot or leg.

It is important to:

Keep your feet clean

Keep your feet dry

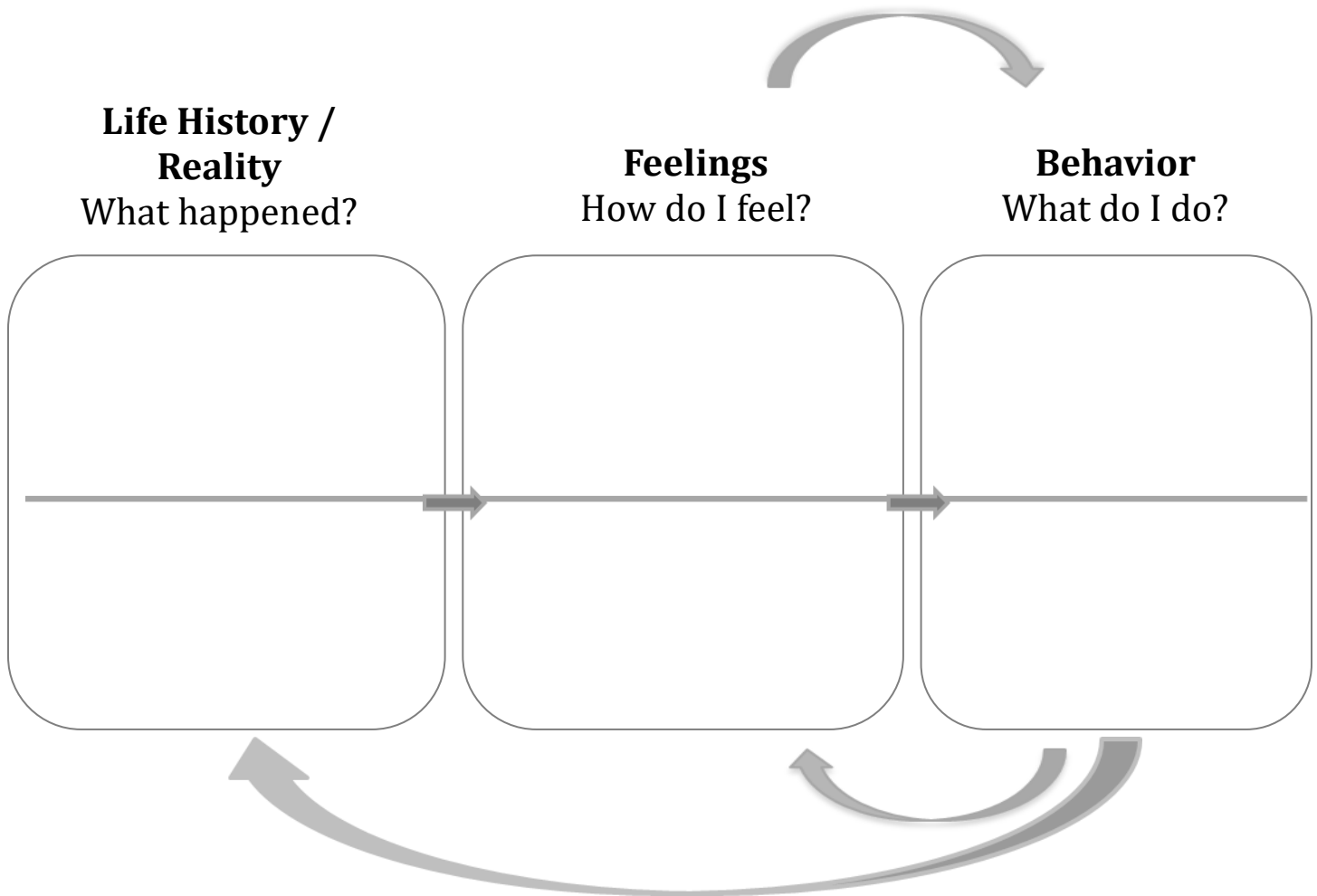
Keep your feet soft

Keep your feet protected



Our Mind: Our Actions

Think of a behavior that you would like to change (big or small). Fill in the boxes below to identify the factors in your life and feelings that contribute to this behavior. Then describe the short and long-term effects of the behavior by completing the sentences below.



In the short term, I feel better when I **behavior** because it gives me a break.

In the long term, I continue to feel **stressed**

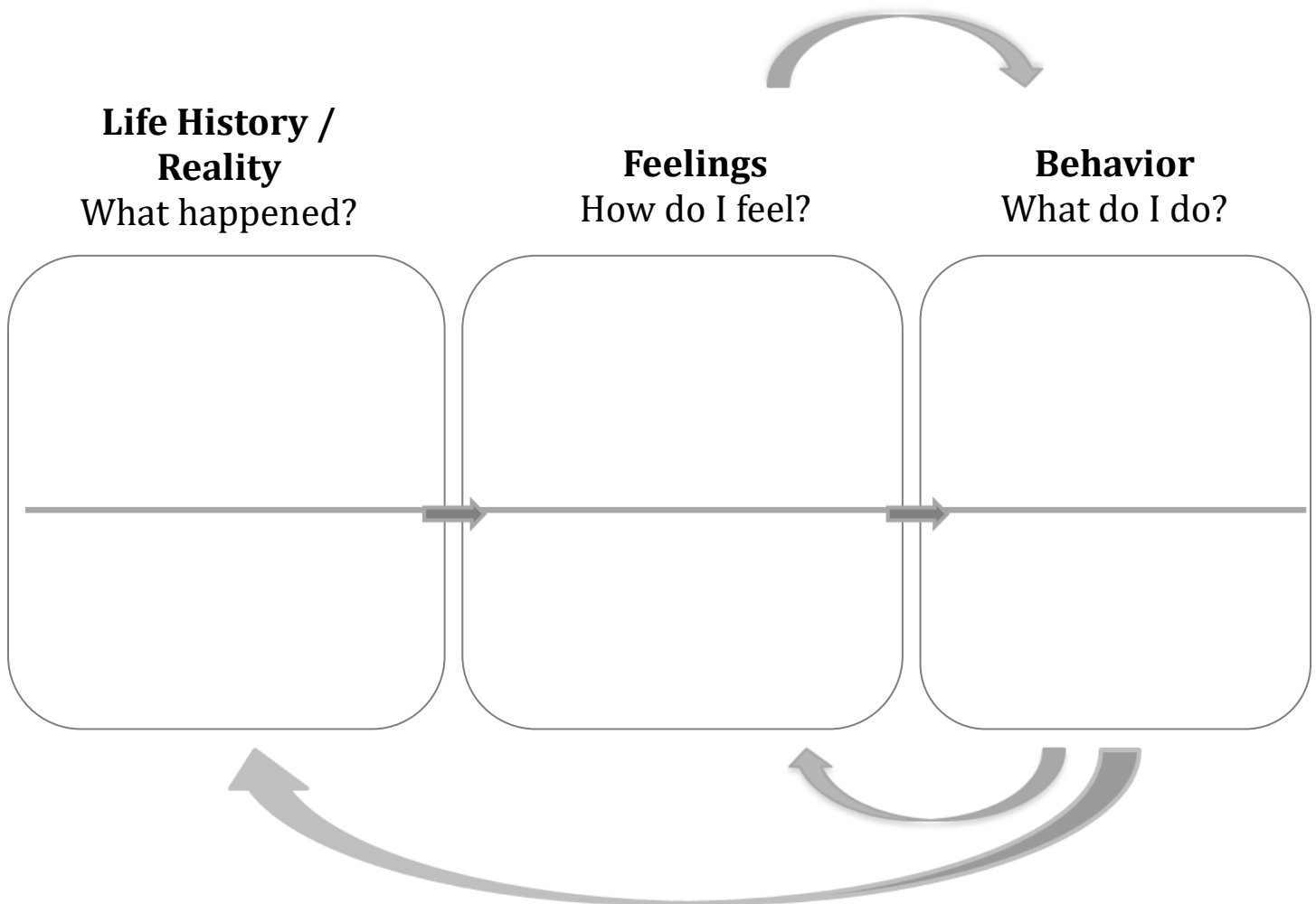
When this cycle happens for a long time, **new problems arise or continue.**

Weekly Goal: Name one concrete behavioral change that could interrupt this cycle:

Our Mind: Our Actions

Week 4: Example with Andrea

Andrea is overweight and Andrea's mother and father have type 2 diabetes. Her weight and Andrea's family history are risk factors for diabetes. Andrea's combined risk factors have contributed to the fact that she has developed type 2 diabetes, so her body can not process all the sugar that comes from her food. Andrea has many feelings due to diabetes. She feels more tired and her feet have started to hurt. It feels as if your feet are pricked with pins and needles. With all these physical discomforts, Andrea does not feel like herself. She feels irritable and overwhelmed. With all the feelings that come with type 2 diabetes, Andrea binges on unhealthy foods, such as chips and ice cream, to deal with these feelings.



In the short term, I feel better when I **behavior** because it gives me a break.

In the long term, I continue to feel **stressed**

When this cycle happens for a long time, **new problems arise or continue.**

Weekly Goal: Name one concrete behavioral change that could interrupt this cycle: