

National Diabetes Month

Diabetes



It is a disease that occurs when your blood glucose, also called blood sugar, is too high. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy.

What's the difference

Type 1 diabetes



Causes unknown, but develops when the immune system **attacks** insulin producing cells³

The body cannot produce the insulin it needs



Incidence is **growing** steadily



Usually diagnosed in children or young adults³



The symptoms often appear **suddenly**³



Must take insulin **daily**³

Type 2 diabetes



The body produces too little insulin and/or is unable to respond to it³

Risk factors include³:

- Advancing age
- Obesity
- Poor diet
- Family history of type 2 diabetes
- Physical inactivity
- Ethnicity



Incidence is **rising** at an epidemic rate³

Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can **prevent or delay** the onset of type 2 diabetes⁴



The symptoms often appear **gradually**

Often **managed** by exercise and a healthy diet or oral medication³
If the condition progresses, it can be **treated** with insulin³

DIABETES

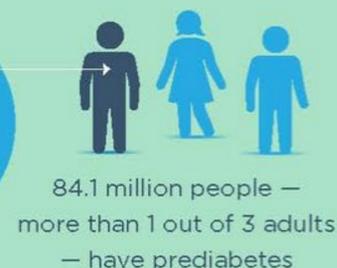
30.3
MILLION

30.3 million people have diabetes



PREDIABETES

84.1
MILLION



9 OUT OF 10 don't know they have prediabetes

