

Diabetes

What is diabetes?

Diabetes occurs when your blood sugar (glucose) levels are too high. There are two main types of diabetes: Type 1 diabetes & Type 2 diabetes. Over three quarters of people with diabetes have Type 2.

Type 1 Diabetes

Type 1 diabetes occurs when your body produces little to no insulin, so your body cannot process glucose. It usually affects people under 40 and is treated by insulin injections, diet, and regular exercise.

Type 2 Diabetes

Type 2 diabetes occurs when your body doesn't use insulin properly, sometimes forming insulin resistance. It can be treated by diet and physical activity alone, but most people will need tablets and sometimes insulin injections.

For more information, visit
www.shifaclinic.org
Contact us: (916) 441-6008
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Symptoms

Taking early action is key, so if any of the following apply to you, ask your doctor for a diabetes test:

- Increased thirst
- Going to the bathroom all the time, especially at night
- Extreme tiredness
- Weight loss
- Slow healing of wounds
- Blurred vision

Risk Factors

If you are white and over 40 years old, or if you're black, Asian, or from another minority ethnic group and over 25 years old and have one or more of the following risk factors:

- Family member who has diabetes. The closer the relative is, the greater the risk is
- You have high blood pressure or have had a heart attack or stroke before
- You're overweight or waist is 31.5" or over for women or 35" or over for men
- You've been told you have impaired glucose tolerance or impaired fasting glycemia

Complications

Diabetes is serious because it can lead to life-threatening complications. These include:

- blindness
- kidney failure
- heart disease
- stroke
- nerve damage that can lead to amputations

