

Your Guide to Diabetes!



What is diabetes?

There are 2 types

Type 1 Diabetes is an autoimmune disease where the body does not make insulin at all. For some reason, the cells in your body that usually protect you from germs get confused. They think your beta cells are germs and attacked them. Without beta cells, you can't make insulin. Without insulin, your body can not change the food you eat into energy. Since the glucose (sugar) cannot get into the cells, all the glucose has nowhere to go and hangs out in your bloodstream. That is why your blood glucose level can get so high. Your cells are starving so you feel hungry and tired all the time. Your body has no energy. Type 1 diabetes has to be treated with insulin. If you go for a long period of time without insulin, your blood glucose can get really high and you can get sick.

Type 2 Diabetes is when the insulin your pancreas makes doesn't work well or doesn't make enough. Like Type 1 diabetes, the glucose (sugar) from the food you eat cannot get through the cell walls. Your cells starve for glucose and you feel hungry and tired all the time. Often, people who eat healthy foods and exercise can delay or prevent Type 2 diabetes. Some people with Type 2 diabetes need to have insulin injections, while others can take pills to help manage their blood glucose.



Eating Right



Not only does it make you feel great, but it keeps you healthy! A balance of the 3 food groups can help!

- **Carbohydrates** — The body's main source of energy consists of breads, grains, fruits and vegetables.
- **Proteins** — Important for repairing and building tissue in your body. Proteins can also be used for energy. Good sources of proteins are meat, cheese, milk, nuts and beans.
- **Fats** — Good in moderation but eating too many sweets, oils and fats can clog blood vessels, which can lead to heart disease.

Get Moving!

Just like healthy eating, exercising is good for everyone, whether they have diabetes or not. Exercise can:

- Keep the heart and lungs healthy
- Increase strength and flexibility
- Relieve stress
- Increase self confidence
- Improve insulin response
- Lower blood sugar levels



Fast Facts

* Of the 25.8 million people that have diabetes, 5-10% have Type 1. The other 90-95 % have Type 2 diabetes.

* Each year about 13,000 young people are diagnosed with Type 1 diabetes in the U.S

* About 215,000 young people 20 years and younger have diabetes in the U.S. The majority of them have Type 1, but there is a huge epidemic increase with Type 2 Diabetes and obesity in young people.

Signs and Symptoms of Diabetes

- Frequent bathroom breaks
- Extreme thirst
- Unusual hunger
- Weight loss
- Tiredness
- Weakness
- Blurry Vision

Different Ways to Exercise



- Taking a walk
- Playing your favorite sport
- Raking leaves
- Hiking and camping
- Taking the stairs instead of the elevator
- Being silly- put on a favorite song and dance around!

American Diabetes Association
SCHOOLWALK
for Diabetes

