# Diabetes Control



## Kern Family Health Care™
### The Friendly Face
Of Kern Health Systems

**Together in...**
health

"for a healthy future""

## What is Diabetes?

When a person has diabetes, the food they eat can't be used for energy. Your body changes foods into sugar (glucose). Glucose is the fuel for your body's cells. In order to get this fuel, insulin is needed to move the sugar from your blood into your cells. When there is not enough insulin, or if the insulin is not working well, sugar stays in your blood. That is why people with diabetes have high levels of sugar in their blood.

## Types of Diabetes

- **Type 1** (Insulin-dependent): The body does not make enough or any insulin.

- **Type 2** (Non-Insulin dependent): Your body cannot properly use the insulin it makes. This is the most common type of diabetes.

- **Gestational Diabetes** This type of diabetes only happens during pregnancy. Changes that occur in your body while you are pregnant cause your blood sugars to be too high. Women that have had gestational diabetes need to have yearly check-ups with their doctor because they are at risk of having Type 2 diabetes.

## If You Have Diabetes You May Have:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Sudden weight loss
- Weakness and fatigue
- Irritability
- Frequent infections
- Blurred vision or change in vision
- Tingling or numbness in legs, feet or fingers
- Slow healing cuts

**Symptoms usually develop over a long period of time. Some people with Type 2 diabetes have mild symptoms or no symptoms at all.**

## How to Control Diabetes

Here are some steps you can take to control your diabetes.

1. Plan your meals. Eating a healthy diet helps keep blood sugar levels down.

2. Exercise, this can help you lose weight and control your blood sugar.

3. Monitor your blood sugar as instructed by your doctor.

4. Take your medicines. Pills can help your body use insulin better. Or use insulin injections if needed.

## *How to Control Diabetes, continued...*

5. Have a yearly diabetic eye exam which checks for vision loss and blindness. This exam is not a vision test for eyeglasses.

6. See your doctor on a regular basis and ask about lab tests you need to complete.

7. Check your feet for sores. Ask your doctor to check your feet too.

8. Brush and floss your teeth every day to prevent gum infections.

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