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ADULT HEALTH BULLETIN

NOVEMBER 2011

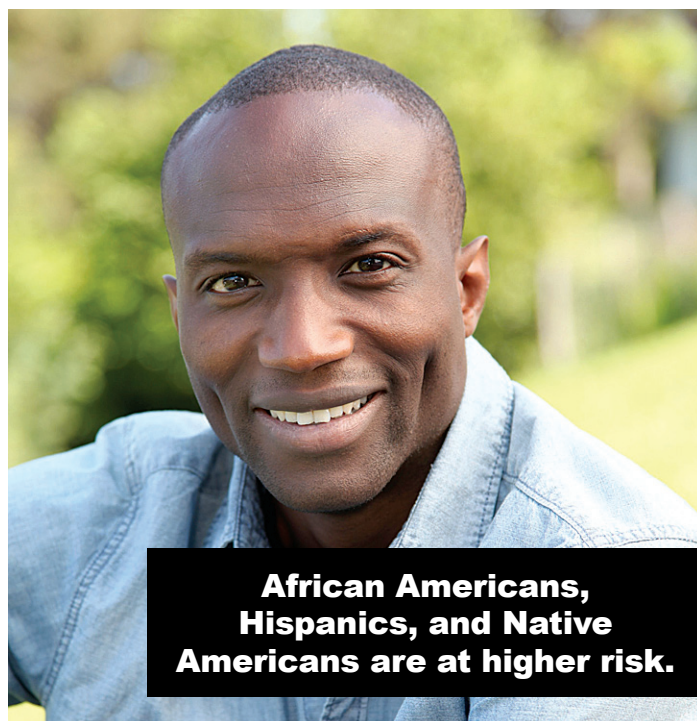
THIS MONTH'S TOPIC: DIABETES

Did you know that in the state of Kentucky:

- 1 in 2 adults are at risk for developing type 2 diabetes
- Diabetes is the 5th leading cause of death by disease
- Almost 1/3 of people who have diabetes are undiagnosed
- The Centers for Disease Control and Prevention estimate that 40.1 percent of Kentuckians age 40-75 are pre-diabetic
- In 2010, a CDC survey recorded that 10 percent of participants have been told by their doctor that they have diabetes

What is diabetes?

Diabetes, sometimes referred to as diabetes mellitus, is a group of diseases characterized by high blood glucose (sugar) levels that result from the body's being unable to produce and/or use insulin. Insulin is a hormone that helps bring the glucose (sugar) into the cells. If glucose cannot be brought into the cells, there can be a buildup of glucose. A buildup of glucose can cause damage to the blood vessels, eyes, kidneys, nerves, and heart. There are three types of diabetes: type 1, type 2, and gestational.



African Americans, Hispanics, and Native Americans are at higher risk.

Are there signs and symptoms of diabetes that I should be aware of?

There are signs and symptoms that may indicate that you are diabetic. There are some people who are diabetic who do not show any signs or symptoms. Talk to your health care

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It is important to talk to your healthcare provider about your risk factors.

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provider about your risk for diabetes. ONLY your health care provider can determine if you have diabetes.

- Being extremely thirsty.
- Feeling extremely tired.
- Having to go to the bathroom more often than usual.
- Experiencing unusual weight loss that is not caused by dieting or being physically active.
- Having dry, itchy skin.
- Having blurred vision.
- Having a tingling or numb feeling in the feet.
- Having sores that are slow to heal.

What are the risk factors for diabetes?

- Being over 45 years of age.
- Having a family history of diabetes.
- Being physically inactive.
- Having a history of pre-diabetes.
- Being overweight.
- Having high blood pressure.
- Being from a certain race — African Americans, Hispanics, Native Americans, and some other races are at higher risk.
- Having polycystic ovarian syndrome.
- Having diabetes during pregnancy (gestational diabetes) or delivering a baby that weighs over 9 pounds at birth.
- History of cardiovascular disease.

Some risk factors are preventable and others are not. It is important to talk to your healthcare provider about your risk factors. You and your healthcare provider should be able to come up with a plan for addressing your medical needs.

Can I prevent diabetes?

There are many studies that show that type 2 diabetes can be delayed or even prevented with weight loss and physical activity. It is important to talk to your healthcare provider about the possibility of diabetes, especially if you have symptoms or risk factors for the disease.

How can I prevent diabetes?

- Know your risk factors for diabetes and talk to your health care provider about them.
- If you are overweight, work towards a healthy weight for you.
- Increase the amount of physical activity that you do on a daily basis. It is important to talk to your healthcare provider before you start any new exercise program.



REFERENCES:

- The American Diabetes Association: <http://www.diabetes.org>
- Kentucky Diabetes Prevention and Control Program: <http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm>
- National Diabetes Education Program: <http://www.ndep.nih.gov/>
- Centers for Disease Control and Prevention. Behavioral Risk factor Surveillance System, prevalence and trend data – Kentucky, 2010 <http://apps.nccd.cdc.gov/brfss/display.asp?cat=DB&yr=2010&qkey=1363&state=KY>
- Kentucky Diabetes Network, Inc. Diabetes in Kentucky Fact Sheet http://www.kentuckydiabetes.net/fact_sheet.html
- Some information was adapted from November 2007 information bulletin

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Written by: Nicole Peritore

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Stock images: 123RF.com

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