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**Warning signs of diabetes**

Diabetes symptoms may occur over time or they may appear quickly. The various types of diabetes may have similar or different warning signs. Some general warning signs of diabetes are:

* extreme thirst
* dry mouth
* frequent urination
* hunger
* fatigue
* irritable behavior
* blurred vision
* wounds that don’t heal quickly
* skin that itches or is dry
* yeast infections

**The path to understanding diabetes starts here**

**Understanding type 1**

Here’s what you need to know about type 1 diabetes. 1.25 million Americans have it and 40,000 people will be diagnosed with it this year. Type 1 diabetes occurs at every age, in people of every race, and of every shape and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

**Understanding type 2**

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn’t use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and tools, resources, and support to help you fight.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it’s a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you.

Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help fight type 2 and put yourself in charge of your life.

**Understanding prediabetes**

When it comes to prediabetes, there are no clear symptoms—so you may have it and not know it. Here’s why that’s important: before people develop type 2 diabetes, they almost always have prediabetes—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. You may have some of the symptoms of diabetes or even some of the complications.

Regardless, check with your doctor and get tested. If you discover that you do have prediabetes, remember that it doesn’t mean you’ll develop type 2, particularly if you follow a treatment plan and a diet and exercise routine. Even small changes can have a huge impact on managing this disease or preventing it all together—so get to a doctor today and get tested.

**d\_info.html**

**More Information About Diabetes**

**Signs and symptoms**

The classic symptoms of untreated diabetes are unintended weight loss, polyuria (increased urination), polydipsia (increased thirst), and polyphagia (increased hunger). Symptoms may develop rapidly (weeks or months) in type 1 diabetes, while they usually develop much more slowly and may be subtle or absent in type 2 diabetes. Other symptoms of diabetes include weight loss and tiredness.

Several other signs and symptoms can mark the onset of diabetes although they are not specific to the disease. In addition to the known ones above, they include blurred vision, headache, fatigue, slow healing of cuts, and itchy skin. Prolonged high blood glucose can cause glucose absorption in the lens of the eye, which leads to changes in its shape, resulting in vision changes. Long-term vision loss can also be caused by diabetic retinopathy. A number of skin rashes that can occur in diabetes are collectively known as diabetic dermadromes.

**Diabetic emergencies**

People (usually with type 1 diabetes) may also experience episodes of diabetic ketoacidosis (DKA), a metabolic disturbance characterized by nausea, vomiting and abdominal pain, the smell of acetone on the breath, deep breathing known as Kussmaul breathing, and in severe cases a decreased level of consciousness.

A rare but equally severe possibility is hyperosmolar hyperglycemic state (HHS), which is more common in type 2 diabetes and is mainly the result of dehydration.

Treatment-related low blood sugar (hypoglycemia) is common in people with type 1 and also type 2 diabetes depending on the medication being used. Most cases are mild and are not considered medical emergencies. Effects can range from feelings of unease, sweating, trembling, and increased appetite in mild cases to more serious effects such as confusion, changes in behavior such as aggressiveness, seizures, unconsciousness, and (rarely) permanent brain damage or death in severe cases. rapid breathing and sweating, cold, pale skin are characteristic of low blood sugar but not definitive. Mild to moderate cases are self-treated by eating or drinking something high in sugar. Severe cases can lead to unconsciousness and must be treated with intravenous glucose or injections with glucagon.

**Exercise and diet tips**

If a doctor diagnoses a person with type 2 diabetes, they will often recommend making lifestyle changes to support weight loss and overall health.

A doctor may refer a person with diabetes or prediabetes to a nutritionist. A specialist can help a person with diabetes lead an active, balanced lifestyle and manage the condition.

Steps a person can take to embrace a lifestyle with diabetes include:

* Eating a diet high in fresh, nutritious foods, including whole grains, fruits, vegetables, lean proteins, low-fat dairy, and healthy fat sources, such as nuts.
* Avoiding high-sugar foods that provide empty calories, or calories that do not have other nutritional benefits, such as sweetened sodas, fried foods, and high-sugar desserts.
* Refraining from drinking excessive amounts of alcohol or keeping intake to less than one drink a day for women or two drinks a day for men.
* Engaging in at least 30 minutes exercise a day on at least 5 days of the week, such as of walking, aerobics, riding a bike, or swimming.
* Recognizing signs of low blood sugar when exercising, including dizziness, confusion, weakness, and profuse sweating.

People can also take steps to reduce their body mass index (BMI), which can help some people with type 2 diabetes manage the condition without medication.

Slow, steady weight loss goals are more likely to help a person retain long-term benefits.

**d\_faq.html**

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What are the risk factors for developing diabetes?

While the exact cause of diabetes is not yet known, Americans' inactive lifestyle and regular diet of fats, salt and sugar account for a large portion of the worrisome rise in the number of diabetic patients. Persons at risk also include those over age 45, overweight individuals and certain ethnic groups (African American, Latino and Native American).

What is hemoglobin A1c?

This is a blood test. A hemoglobin A1c percentage is important because it is the main way to know how well patients are controlling their diabetes over time. Based on blood tests taken over a period of two or three months, doctors can estimate patients' average blood sugar levels. The goal for most diabetics is an A1c of less than 7%. This is roughly equivalent to an average blood sugar level of about 150 mg/dl. An A1c of 9% indicates an average blood sugar level of about 210 mg/dl.

Why do I have to check my feet every day?

Diabetes often causes poor circulation and damaged in the legs and feet. This is one reason people with diabetes must take special care of their feet. Diabetics are likely to have foot problems, such as fungus, ingrown toenails, infections, bunions and ulcers. Most foot amputations can be prevented with good foot care. Note any changes in your feet, such as cuts, scratches, red areas, corns, cracks, itching or other abnormalities. Any changes should be reported to the podiatrist. To smooth down calluses, use a pumice stone when bathing, and never cut calluses off. Trim or file toenails straight across to reduce the chance of ingrown nails. Make sure shoes fit properly. Pressure from ill-fitting shoes can cause sore areas and lead to ulcers and infections. Lotion can be used around feet but not in between the toes. Moisture can lead to infections. Keep your feet clean and dry; once a day, wash your feet with mild soap and water. See a podiatrist regularly.

What foods should I avoid to help control my diabetes?

Foods with higher amounts of simple "added" sugars should be avoided, such as fruit juice, regular soda, sport drinks, all other caloried liquids, and candies. With diabetes, it's important to save sweets and desserts for special occasions. But with a little planning, you can still enjoy a small portion of your favorite treat once in a while. Speak with a Registered Dietitian to see how you can incorporate these treats into your meal plan.

How much salt or sodium can I have if I am also taking blood pressure medication?

Patients who have diabetes, high blood pressure and take blood pressure medication should limit sodium intake to 1500mg a day. Most sodium in the American diet comes from processed or prepared foods, not from the kitchen table salt shaker. Foods that have 400 mg per serving are considered high sodium foods. It's no secret that most Americans are consuming too much sodium. The average American takes in about 3,400 mg of sodium per day. Yet the American Diabetes Association guidelines recommend that people with diabetes have 2,300 mg or less per day. One teaspoon of salt contains about 2,300 mg of sodium.

What should I check on food labels - sugar or total carbohydrates?

Check the Total Carbohydrates. Total carbohydrates include sugar, starches and dietary fiber. The total amount of carbohydrates is what affects blood glucose levels—not just sugar. 15 grams of carbohydrates = 1 serving. The more fiber the product has, the more satisfied you will feel and glucoses will not increase as high after meals. Add more vegetables and whole grain foods to your eating plan.

What is the recommended daily amount of fiber I should eat?

The recommended amount of fiber is 25 to 30 grams per day. Check for fiber on food labels to help reach this number. Some examples of high fiber foods are fruits, vegetables, legumes and whole grains. Fiber is not completely digested and absorbed in the intestinal system, and it is unavailable as blood sugar. Therefore, a high-fiber meal does not provide as much available carbohydrates as a similar-content low fiber meal. To avoid constipation, increase water intake as more fiber is added to the diet.

Can I reuse the lancets and syringes I use for insulin injections?

We recommend using new lancets and syringes for each injection. Patients run the risk of insulin contamination and infection if the needle is used more than once. Every syringe and lancet should be discarded after use.

What should my blood sugar level be?

The American Diabetes Association recommends the following for adults:

* Fasting blood glucose 70-130mg/dl
* 2 hour after start of meals <180 mg/dl
* Pre meal glucose: <140 mg/dl

However: Blood glucose goals are individualized based on the durations of diabetes, age/life expectancy, co-morbid conditions, known cardiovascular disease or advance microvascular complication, hypoglycemia unawareness, and individual patient considerations. More or less stringent glucose goals may be appropriate for individual patients.

How do I care for my eyes?

Visit the ophthalmologist once a year. For patients with retinopathy, an ophthalmologist should be seen on a routine basis.

What are the symptoms of high blood sugar?

Signs include extreme thirst, frequent urination, dry skin, hunger, blurred vision, drowsiness and nausea.

What are the symptoms of low blood sugar?

Signs include shaking, fast heartbeat, sweating, anxiety, dizziness, hunger, impaired vision, weakness/fatigue, headache and irritability.

**Resources:**

* https://www.healthline.com/health/diabetes/diabetes-warning-signs
* https://www.diabetes.org/diabetes
* https://en.wikipedia.org/wiki/Diabetes
* https://www.medicalnewstoday.com/articles/323627.php
* https://www.cedars-sinai.org/programs/endocrinology/diabetes-center/patient-guide/faqs.html