This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX with support from the Robert Wood Johnson Foundation® in Princeton, NJ.
Signs and Symptoms of Diabetes type 2
- Increased thirst
- Increased urination
- Hunger
- Sudden weight loss
- Feeling tired or weak
- Very dry skin
- Frequent infections
- Cuts and sores that are slow to heal

Who should be screened for diabetes?
- ADA recommends screening for people who are overweight and age 45 or older and for those who have risk factors
- American College of Endocrinology and American Association of Clinical Endocrinologist recommend the screening for diabetes be reduced to age 30 for people with risk factors
- People with overt symptoms should see their healthcare provider for a diagnostic evaluation

Diagnosing Diabetes

Pre-diabetes or Diabetes?

<table>
<thead>
<tr>
<th>Test</th>
<th>Normal</th>
<th>10 - 13 mmol/L</th>
<th>14 mmol/L or higher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Plasma Glucose Test</td>
<td>4.0 - 5.6 mmol/L</td>
<td>7.0 - 11.0 mmol/L</td>
<td>11.1 mmol/L or higher</td>
</tr>
<tr>
<td>Oral Glucose Tolerance Test</td>
<td>Less than 70 mmol/L</td>
<td>70 - 110 mmol/L</td>
<td>110 mmol/L or higher</td>
</tr>
</tbody>
</table>

If you are overweight and over age 45, get tested!

Pre-Diabetes
- Insulin resistant, glucose intolerant, touch of diabetes and borderline diabetes are terms that are now grouped in Pre-diabetes
- Recommendations are to modify the meal plan, exercise and weight loss
- Treating pre-diabetes may prevent or delay type 2 diabetes

What is the difference between type 1 and type 2 Diabetes

Type 1
- Also known as Insulin dependent or Juvenile onset diabetes
- Usually in children
- Beta cell destruction little or no insulin production
- 1 in 10 people with diabetes have type 1

Type 2
- Also known as Non-insulin dependent or Adult onset diabetes
- Usually in people over 40 but due to life style it is now diagnosed in children at an increasing rate
- Inability to produce enough insulin or insulin resistance
- 6 in 10 people with diabetes have type 2
How does your body work?

How does your body work?

You eat carbohydrates
The Carbohydrates become sugar and the sugar goes into the bloodstream and your blood sugar goes up.

The high blood sugar sends a message to the pancreas.

The pancreas sends insulin into the bloodstream.
The Insulin is the KEY that opens the lock on the cell.

The blood sugar returns to normal.

What happens if you do not eat?

Your low blood sugar sends a message to the liver.
Your blood sugar gets low.
What happens when you have diabetes?

Type 1 Diabetes

Type 2 Diabetes

Three problems that cause high blood sugar:

1. The locks on the cell are broken. This happens over time and less and less sugar can get in the cells.

2. The blood sugar stays high.

3. There is no insulin key to open the lock on the cell.
#2

The liver makes and stores sugar.

People notice this when their blood sugar is higher in the morning than at bedtime.

The liver is like a leaky faucet, it just sends out more sugar, even if the blood sugar is high.

#3

Over time the pancreas is not able to make enough insulin to bring the blood sugar back to normal.

How do you know if the blood sugar is under control?

Hemoglobin A1c is the average of the blood sugar for the last 3 months. The goal is to have it at 7 or below.