

# UNDERSTANDING DIABETES



## RISK FACTORS

### PREDIABETES

- **Sedentary lifestyle**
- Obesity
- Large waist size
- Poor diet
- Age
- Family history

### TYPE 1 DIABETES

Not entirely clear, but genetics is a major risk factor. Type 1 diabetes is commonly **diagnosed in children.**



### TYPE 2 DIABETES

Same as prediabetes

## SYMPTOMS

No obvious symptoms

- Increased hunger
- Increased thirst
- Frequent urination
- Fatigue
- Weight loss
- Blurred vision
- Mood changes

- Largely the same as with type 1 diabetes
- Slow-healing sores
- Darkened skin on some areas of the body

## TREATMENTS

- Lose weight
- Eat more fruits, vegetables and whole grains
- Engage in 150 minutes of moderate aerobic exercise per week

- **Insulin therapy**
- Patients may need to check blood sugar levels multiple times a day
- Low-fat, high-fiber diet; monitor carbs
- Exercise

- Improve your diet
- Lose weight
- **Exercise**
- Monitor your blood sugar
- Insulin (for some)



Sources: The Mayo Clinic, the American Diabetes Association