

# DIABETES

## KNOW THE SIGNS



Tired or sleepy a lot



Need to urinate often



Numb or tingling hands or feet



Wounds that won't heal



Vaginal infections



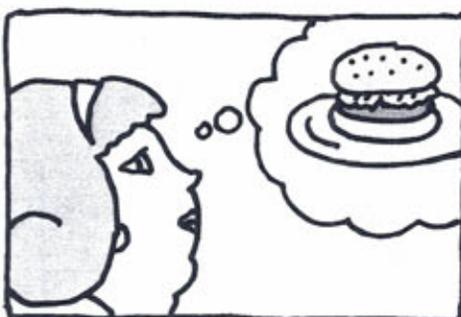
Problems having sex



Blurry vision



Sudden weight loss



Hungry all the time

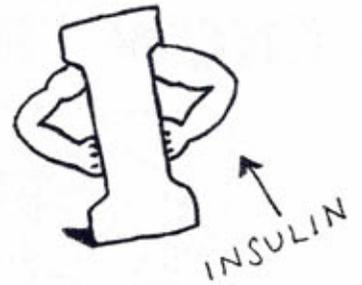


Always thirsty

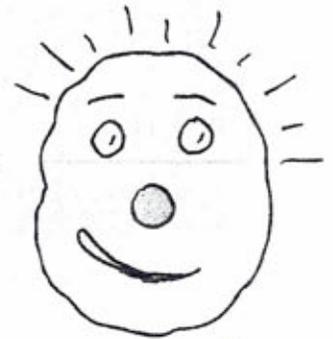
**Talk to your doctor if you have any of these problems, especially if you have any of them for a week or more.**

# WHAT IS DIABETES?

Diabetes means you have too much sugar in your blood. High blood sugar problems start when your body no longer makes enough of a chemical, or hormone, called insulin.



Your body changes much of the food you eat into a type of sugar. This sugar travels in your blood to all the cells in your body. Your body cells need the sugar to give you energy.



Insulin helps sugar move from your blood into your cells. Without insulin, your cells can't get the sugar they need to keep you healthy.



↑  
BODY CELL



By moving sugar from your blood to your body's cells, insulin helps keep your blood sugar level normal (not too high; not too low). When you don't have enough insulin to lower high blood sugar levels, you have diabetes.

No one knows what causes diabetes. You can't catch diabetes and you can't give it to someone else.

Diabetes can, and must, be treated. High blood sugar levels can cause serious health problems.

A simple test can tell you if you have diabetes. Talk to your doctor or health clinic for more information.

