

## For More Information

Be sure to visit your public library for books on diabetes.

The following websites provide reliable information on diabetes and screening:

American Diabetes  
Association  
[www.diabetes.org](http://www.diabetes.org)

Mayo Clinic  
[www.mayoclinic.com/  
health/diabetes](http://www.mayoclinic.com/health/diabetes)

US Centers for Disease  
Control  
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

Ask your health professional about screening tests for diabetes.



## Schofield Adult Wellness Center

*A COMMUNITY SUPPORT PROGRAM FOR WELL-  
NESS SCREENING AND EDUCATION*

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[www.schofieldcare.org](http://www.schofieldcare.org)





# WHAT IS DIABETES?

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Diabetes is a disease characterized by high levels of sugar (glucose) in the blood. There are two types of diabetes. Type 1 diabetes is most commonly found in children and teens. In this form of diabetes, the body does not manufacture insulin, a hormone needed to convert sugar into energy. Only 5-10% of diabetics have this form of the disease.

Type 2 diabetes is more common and millions of Americans have been diagnosed with this type of the disease. In Type 2 diabetes, either the body does not produce enough insulin or cells ignore the insulin.

## SYMPTOMS:

Symptoms of diabetes can include thirst, frequent urination, blurry vision, unusual weight loss, fatigue or recurring skin or bladder infections. Often, people with Type 2 diabetes have no symptoms at all.

## DIAGNOSIS:

Your physician can check your sugar through simple blood tests, a physical exam and by taking your medical history.

## TREATMENT:

Type 1 diabetics must take insulin every day. Type 2 diabetics can usually control their disease through diet and exercise. There are also medications to help control the disease if diet and exercise are not effective.

## PREVENTION:

You can reduce your risk of diabetes by exercising, eating a healthy diet and maintaining a healthy weight.

## COMPLICATIONS:

Although diabetes is a serious condition, it is easily diagnosed and in most cases, controlled through diet, exercise and medication. If untreated, diabetes can lead to high blood pressure, heart disease, kidney disease, and neuropathy, which is damage to the nervous system. The American Diabetes Association estimates that nearly 6 million Americans are undiagnosed diabetics and 57 million are pre-diabetics.