

## Do You Have Diabetes?

Diabetes is a condition in which your body has trouble using a sugar called **glucose** for energy. As a result, the sugar level in your blood becomes too high. Diabetes is a **chronic** (lifelong) condition. Left untreated, it can result in major health problems (**complications**).

### Signs of Diabetes

Do any of the following questions apply to you? If so, see your healthcare provider.

- Do you feel tired all the time?
- Do you urinate often?
- Do you feel thirsty or hungry all the time?
- Are you losing weight for no reason?
- Do cuts and bruises heal slowly?
- Do you have numbness or tingling in your fingers or toes?

### What Puts You At Risk?



People of all backgrounds can get diabetes. More often, though, it affects African-Americans, Native Americans, Hispanics, Asian Americans, and Pacific Islanders. Other factors that increase risk include:

- A family history of diabetes.
- Being overweight.
- Being over age 40.
- Having had gestational diabetes (diabetes during pregnancy).
- Not enough physical activity.

### Why Worry About Diabetes?

- Diabetes keeps your body from turning food into energy.
- Diabetes can cause problems with your eyes, kidneys, nerves, and feet. It can also hurt your heart and blood vessels.
- Once you get diabetes it won't go away, but it can be managed with proper treatment.

**See your doctor for a checkup if you have any of the signs or risks listed above.**