



# Diabetes: A Bigger Problem Than You May Think



Greenbush Health



Diabetes is the seventh leading cause of death in the U.S. Thirty-four million adults live with diabetes, and 1 in 5 of them don't know they have it. These numbers have more than doubled over the past 20 years. Unfortunately, diabetes can lead to other health conditions if not properly managed.

## Types of Diabetes

- **Type 1:** Individuals are typically diagnosed in childhood or their teen years, though Type 1 can occur at any age. Symptoms can include thirst, frequent urination, blurred vision, tiredness, dry skin, nausea, vomiting or stomach pains.
- **Type 2:** Sometimes hard to diagnose due to symptoms being difficult to pinpoint, Type 2 diabetes affects insulin levels and can be extremely dangerous, causing other serious health problems if not managed.
- **Gestational:** Occurs when the body can't make enough insulin during a pregnancy. Typically develops around the 24th week of pregnancy, has no symptoms, and is diagnosed through testing by a healthcare provider. It's crucial to manage the condition, as about 50% of individuals diagnosed with gestational diabetes go on to develop Type 2 diabetes, but there are ways to lower that risk.

## Be Prepared

Diabetes can be managed through regular exercise, proper nutrition, managing blood sugar and understanding what the numbers mean, proper foot exams, maintaining a healthy weight, and continual education on effectively dealing with the condition.

As with any medical condition, planning is key to success. It's important to have essential supplies of any and all necessary items on hand in case of an emergency. If you have diabetes, create a care kit that includes a checklist of necessities, as well as your medical information in a sealed bag. It should have:

- Your full name, age, address and diagnosis
  - Emergency contact person(s) name(s) and phone number(s)
  - List of prescriptions and times you take medications
- Pharmacy name and phone number
  - Physician's name, address and phone number
  - Health insurance card
  - A1C meter
  - Testing supplies

Lastly, remember to check dates on everything every few months, to ensure nothing has expired.

Source:  
[www.cdc.gov](http://www.cdc.gov)