

MANY PEOPLE HAVE DIABETES - DO YOU?

100,000 people in Nebraska have diabetes; there are thousands more in Nebraska who don't know they have it...

WHAT IS DIABETES?

Normally the human body produces insulin, a natural hormone, which enables the food you eat to be used as energy. Diabetes is a disease which changes this natural process.

There are two general types of diabetes. TYPE 1 diabetes (insulin-dependent) usually develops during childhood or as a young adult. It requires treatment with diet and insulin because the body does not produce enough insulin. TYPE 2 (non-insulin dependent) accounts for the majority of persons with diabetes. These individuals make insulin, but for some reason the body does not make enough insulin or does not use it effectively. This type of diabetes can be controlled with insulin or oral medications and diet, or diet alone.

WHO IS AT RISK FOR DIABETES?

ANYONE! It is most common in people who:

- Are related to a person with diabetes
- Are over forty-five years of age
- Are overweight
- Are mothers of babies that weighed over 9 pounds at birth or had gestational diabetes
- A member of an ethnic group or race with high prevalence of diabetes. (American Indian, African American, Hispanic, American Asian and Pacific Islanders)
- Have high blood pressure
- Have high triglycerides or cholesterol levels that are not normal

KNOW THE WARNING SIGNS

- Increased urination
- Increased thirst
- Increased hunger
- Unexplained weight loss
- Fatigue
- Irritability
- Nausea and vomiting
- Very dry skin
- Sudden changes in vision or blurred vision
- Tingling or numbness in hands or feet
- Skin Infections and sores that are slow to heal

TIME TO CHECK IT OUT

The best way to find diabetes is with a blood test. This test detects sugar (glucose) levels in the blood. If you are at risk for diabetes or have any of the warning signs ... have a blood test NOW and once a year. Ask your doctor for more information.

THE NEBRASKA DIABETES PREVENTION AND CONTROL PROGRAM

- The Nebraska Diabetes Prevention and Control Program (NDPCP) works to reduce or prevent complications and premature death for Nebraskans with diabetes. The NDPCP works with other organizations and institutions involved with diabetes activities.
- THE NDPCP strives to educate persons with diabetes, their families, and health professionals. The NDPCP staff updates information and training materials to assure application of current knowledge and treatment of diabetes.

FOR FURTHER INFORMATION CONTACT:

- Your doctor
- Nebraska Department of Health & Human Services
Diabetes Prevention and Control Program
301 Centennial Mall South
P.O. Box 95026
Lincoln, NE 68509-5026
Phone: (800) 745-9311
Email: dhhs.diabetes@nebraska.gov
<http://www.dhhs.ne.gov/diabetes>
- Juvenile Diabetes Foundation
1540 South 70th Street, Suite 104
Lincoln, NE 68506
Phone: (402) 484-8300
- American Diabetes Association
14216 Dayton Circle, Suite 6
Omaha, NE 68137
Phone: (402) 571-1101, ext. 6881 or
1 (888) Diabetes, ext. 6881

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