



According to the Center for Disease Control  
29.1 Million people have diabetes.

**KNOW THE WARNING SIGNS**

Once you have Diabetes, you have it for life.  
There is no cure for diabetes, only control.

**1 out of 4 people do not know they have Diabetes**

## What is Diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The **pancreas**, an organ that lies near the stomach, makes a hormone called **insulin** to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood. Uncontrolled blood sugars are known to cause (among other issues) heart conditions, kidney failure, nausea, obesity, and vision loss due to **Diabetic Retinopathy**.

	<p><b>Type 1 Diabetes</b> body does not make enough insulin</p> <p>May develop at any age</p> <p>Must take insulin for life</p> <p>Most common juvenile diabetes</p>	<p>To Avoid life-threatening complications, people with type 1 diabetes must take insulin for the rest of their lives.</p>
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<p>Most people with the diabetes have type 2.</p> <p>About 27 million people in the U.S. have this type.</p>	<p><b>Type 2 Diabetes</b> body cannot use insulin properly</p> <p>Can develop at any age</p> <p>Most common type in adults</p> <p>Most causes can be prevented</p>	
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Another 86 million Americans have **pre-diabetes**. Their blood-glucose is not normal, but not high enough to be diabetes yet.

LIF Office: 700 N Peace Road, Suite B, DeKalb, Illinois 60115  
Phone: 815-756-5633 V / TTY RELAY \* 815-748-9087 FAX  
Visit us at [www.lionsofillinoisfoundation.org](http://www.lionsofillinoisfoundation.org)  
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## What Are the Warning Signs?

Diabetes can affect you in many ways, sometimes in ways that are very subtle. Thus the nickname “the silent thief”, as you may have it and not know.

- Excessive Thirst
- Extreme Hunger
- Frequent Urination
- Irritability
- Weakness & Fatigue
- Nausea & Vomiting
- Drowsiness
- Blurred Vision
- Recurring or hard-to-heal Infections of Bladder, Skin or Gums
- Itching
- Tingling or Numbness of Feet

### Healthy choices that can lower your risks:

- **Be Physically active everyday:** Walk, Ride a Bike, Swim, Work in the Yard
- **Lose Weight:** Eat a Low Fat/Low Carb Diet, Eat Smaller Portions, Stop Drinking Soda/Pop and Sugary Drinks, Eat Less Salt, Reduce Consumption of Alcohol, Drink More Water
- **Have regular Doctor visits:** take an annual diabetes blood testing, check your cholesterol and check your blood pressure

### LIF MOBILE UNIT “FREE” RETINAL SCREENINGS

Check our website for when we will be in your area, runs March thru October



**Lions of Illinois Foundation**

*Serving People with Vision and Hearing Needs since 1974.*



Scan here to learn more about LIF.

For additional information about Diabetes contact:

American Diabetes Association [www.diabetes.org](http://www.diabetes.org) or call 1-888-diabetes  
Illinois Department of Human Services Diabetes Prevention and Control Program  
1-800-843-6154 (V.O.I.C.E.) or 1-800-447-6404 (TTY)

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