

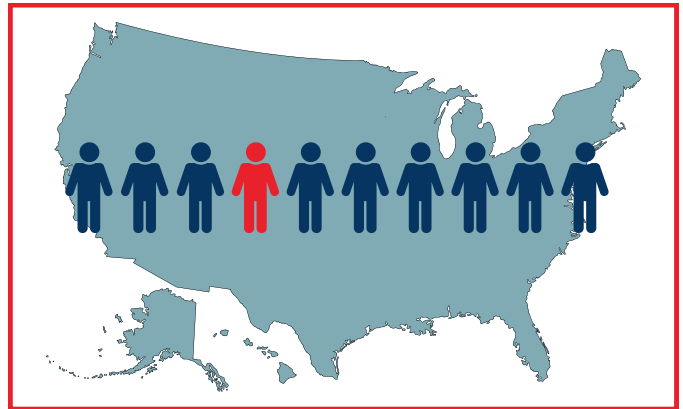


The Lions of Illinois Foundation Diabetes Awareness Campaign's mission is to inform the public of the hidden dangers of Diabetes. From March 1st to May 31st Lions will be out in communities all over Illinois passing out what we call "Risks Strips." These paper slips list warning signs of Diabetes and referral information for questions about Diabetes.

DIABETES IN THE U.S.


According to the Center for Disease Control, **38.4 Million People Have Diabetes.** That's about **1 in every 10 people.** **1 in 5 people don't know they have it.**

98 Million American Adults, more than 1 in 3, have Prediabetes. More than **8 in 10 Adults** with Prediabetes **don't know they have it.**




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

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 it's 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.**



Type 1 Diabetes:
 Body does not make enough insulin
 May develop at any age
 Must take insulin for life
 Most common juvenile diabetes



Type 2 Diabetes:
 Body cannot use insulin properly
 Can develop at any age
 Most common type in adults
 Most causes can be prevented

KNOW 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 the 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 Test, Check your Cholesterol and Blood Pressure

American Diabetes Association www.diabetes.org; 1-888-DIABETES
Illinois Department of Human Services Diabetes Prevention and Control Program
 1-800-843-6150 (Voice); 1-800-447-6404 (TTY)