

# DIABETES AWARENESS AND PREVENTION

*“The elimination of the cause of illness is the obvious and only way to healing and health”*  
~ *Stanley Burroughs*

## What is Diabetes?

Diabetes mellitus is a group of diseases with high levels of blood glucose (sugar). This can happen from problems with insulin being produced, how your body uses insulin or both.

Insulin is the hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

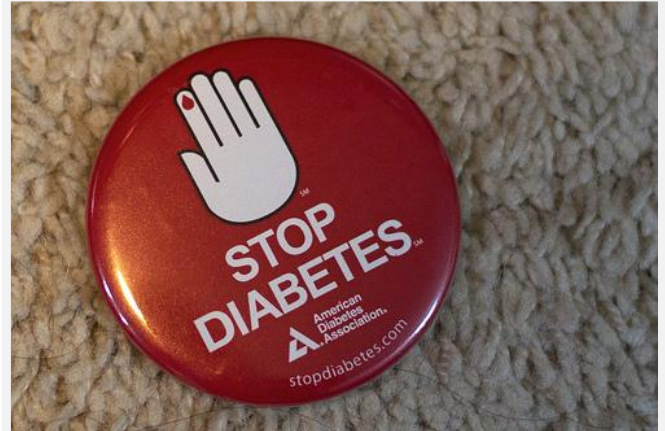
The exact cause of diabetes is not known. Genetics and environmental factors appear to play roles.

### Type 1 Diabetes

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin.

### Type 2 Diabetes

Type 2 diabetes develops when the body does not use insulin properly. In response to this, the pancreas produces more insulin. Over time, the pancreas will not make enough insulin for the body's needs. This results in increased amounts of glucose in the blood while the cells are starved of energy

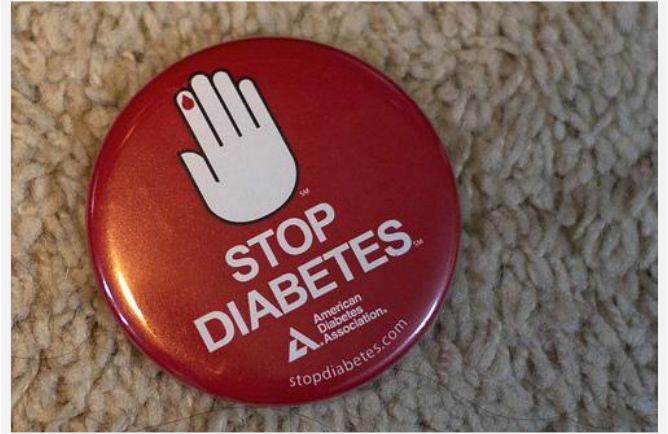


- 25.8 million people in the United States (8.3% of the population) have Diabetes
- 95% of Diabetes cases are Type 2
- Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- There are ~ 79 million people in the United States with prediabetes

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## Managing Diabetes in the Workplace

- **Wear medical identification jewelry.** If you ever need medical assistance at work, the emergency medical personnel will know you have diabetes.
- **Plan ahead.** The biggest challenge many people with diabetes face is access to meals and breaks. Have snacks readily available should you need to treat a low.
- **Take your equipment with you.** Keep your blood glucose meter and supplies where you can reach them. Don't leave blood glucose meters or insulin in the car. Extreme temperatures can affect them.
- **Keep good diabetes control.** The best thing you can do to remain productive is to stay healthy. Don't let your diabetes get so far out of control that you're not able to work. If you're eating well, exercising, and controlling your blood sugars, you will have a productive work life.



*You are the CEO of your personal wellness. Your goal is to take complete charge of your better health from this moment forward.*

## Diabetes Prevention

Here is the good news - you can significantly reduce your risk for developing type 2 diabetes by developing and maintaining a healthy lifestyle!

By eating a healthier diet, increasing your level of physical activity and maintaining a healthier weight, you are greatly reducing your risk of developing type 2 diabetes.