

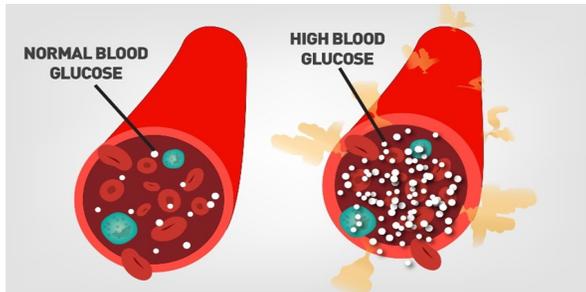
What is Diabetes?

Diabetes is when your body stops making enough insulin or do not use insulin as well as it should. This leads to too much blood sugar in your bloodstream.

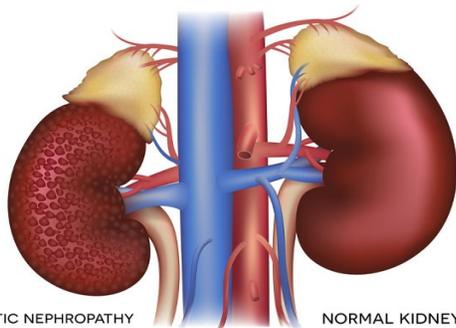
Types of Diabetes:

Type 1: Occurs when our body does not make insulin.

Type 2: More common and occurs when your body does not use insulin well.



Having **too much blood sugar** stays in your bloodstream can cause serious **health problems** such as **heart disease, vision loss, kidney disease, and**



<https://www.mountelizabeth.com.sg/healthplus/article/diabetes-kidneys>

Symptoms of Diabetes

- ◆ Excessive **thirst** and/or **urination**
- ◆ **Fatigues**
- ◆ **Weight loss**
- ◆ **Blurry vision**
- ◆ Have **sores** that **heal slowly**
- ◆ Have **more infections** than usual

Risk Factors

- ◆ Getting **older**
- ◆ A **family history** of either Type 1 or 2 diabetes
- ◆ **Poor diet**
- ◆ Being **inactive**
- ◆ **Obesity**
- ◆ Have **other illness** such as **prediabetes, high blood pressure, abnormal cholesterol levels, and gestational diabetes**



Prevention

- ◆ Decrease the consumption of **sugar** and **refined carbs**
- ◆ **Exercise** regularly
- ◆ Drink **water** as primary beverage
- ◆ Have **high-fiber** diet
- ◆ **Do not smoke**
- ◆ Eat **healthy diets**



Recommendations

- ◆ Do a **blood sugar reading** at least once a day.
- ◆ **Exercise** at least 30 mins or more regularly.
- ◆ **Monitor and watch your diet.**
- ◆ Get at least **2 insulin shots** a day.
- ◆ Take **good care** of your **feet**.

Interesting Facts

- ◆ More than **34 million people** in the United States have diabetes, and **1 in 5** don't know they have it.
- ◆ Diabetes is the **7th leading cause of death** in the United States.
- ◆ The number of cases of **type 2 diabetes have doubled** in America in the **past 20 years**.
- ◆ **Diabetes** is a main cause of **blindness, amputation, kidney failure and other condition**.

Resources

Milwaukee Consortium for
Hmong Health Inc.

Www.MkeHmongHealth.com

Office: 414-212-8087

Address: 1802 West Walnut Street
Milwaukee, WI 53205

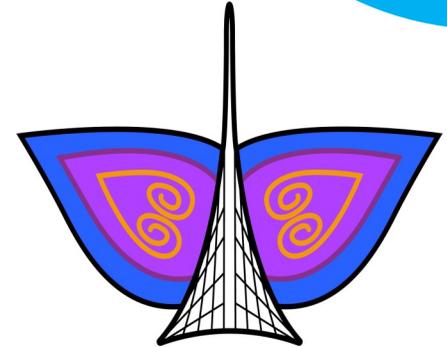
Email: MkeHmongHealth@gmail.com

<https://www.cdc.gov/diabetes/basics/quick-facts.html>

<http://blog.clinicalmonster.com/2019/04/08/diagnosis-of-diabetic-ketoacidosis/hyperglycemia-high-blood-sugar/>



Questions or comments,
feel free to contact us.
Our **Community Health
Workers** are glad to help
you find resources in the
community!



MILWAUKEE CONSORTIUM
FOR HMONG HEALTH, INC.

Diabetes



What It Is and How It Affects You

