Did you know…

that November is **National Diabetes Awareness Month**?

Diabetes is a group of diseases characterized by high levels of blood glucose (blood sugar). About 21 million Americans have diabetes.

**There are 2 major types of diabetes mellitus:**

**Type 1** (juvenile-onset diabetes mellitus or insulin dependant)

- Less common
- Usually occurs in young persons below the age of 35
- Body is unable to produce insulin, a hormone produced by the pancreas that allows the body to use glucose (simple sugar) instead of fats. When there is no insulin, the body cannot use or store the glucose that comes from food and this causes the blood sugars to become very high. Instead, the body uses fat as a source of fuel giving rise to some of the complications of diabetes mellitus.

**Type 2** (adult-onset or non-insulin requiring)

- More common
- No shortage of insulin (at least at the start of the disease)
- Cells and tissues of the body are unable to respond to the insulin produced by the pancreas.
- This type of diabetes commonly occurs in persons who are overweight and have high blood pressure. There are often other family members who also have the disease.

**Treating diabetes**

Type 1 diabetes must have insulin delivered by injection or a pump.

Type 2 diabetes can control blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication.

For more information:

Federal Government Links

National Institute of Diabetes and Digestive and Kidney Diseases
Centers for Disease Control and Prevention Diabetes Resource
Veterans Affairs Diabetes Program
USDA Nutrition and Diabetes Resource List for Consumers
Centers for Medicare & Medicaid Services Diabetes Screening
Centers for Medicare and Medicaid Services Preventive Services
Office of Minority Health, HHS, Diabetes
Food and Drug Administration Diabetes Information
Department of Health and Human Services - Women's Health USA 2005

Diabetes in America, 2nd edition PDF - 733-page compilation and assessment of diabetes and its complications in the United States. Published by the National Diabetes Data Group of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Links to non-Federal organizations:

American Association of Diabetes Educators (AADE)
American Diabetes Association (ADA)
American Dietetic Association (ADietA)
International Diabetes Federation
Juvenile Diabetes Foundation (JDF)
World Health Organization Diabetes Program

Visit us in the Government Documents Department of Dacus Library. There are government documents about diabetes on our exhibit table that can be checked out.

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