Live Well, Be Well

Diabetes Basics

What Is Diabetes?

Diabetes is a serious disease in which the level of glucose (sugar) in the blood is above normal. Normally the body uses the glucose we eat for energy. But sometimes the body cannot use the glucose correctly and the glucose stays in the blood stream and starts to build up to high levels. This is what we call high blood glucose or high blood sugar levels.

What Is Pre-Diabetes?

Before people get diabetes they usually have 'pre-diabetes' or borderline diabetes, which is a condition where the blood sugar level is higher than normal, but not high enough to be diabetes. This means you **almost** have diabetes, and are in danger of getting diabetes soon if you don't do anything about your pre-diabetes. Over 40 million people in the US have pre-diabetes, and most do not know it because there are often no symptoms of pre-diabetes.

What Happens If I Get Diabetes?

High levels of glucose (blood sugar) in the blood can cause damage to your nerves and blood vessels, which can cause blindness, kidney disease, nerve problems, gum infections, heart disease, strokes, and amputation. Treatment can prevent this damage, so early detection is important. If you are diagnosed with diabetes it is possible to take care of your condition by getting more exercise and eating well and keeping a close eye on your blood glucose levels.

How Do I Know If I Have Diabetes Or Pre-Diabetes?

GET TESTED! A simple blood glucose test is all that is needed to find out if you are at risk for or have diabetes. There are no symptoms for pre-diabetes, so screening is important to know if you are at risk for diabetes. You should get screened for diabetes if you have any of the following risk factors: over 40 years old, overweight, have a family member with diabetes, belong to an ethnic minority group, have high blood pressure or high cholesterol levels, get little or no regular exercise.

What Can I Do To Prevent Diabetes?

Diabetes can be prevented! Studies have shown that people who are at risk for getting diabetes can prevent the disease by walking or exercising 30 minutes a day, losing a little bit of weight and eating a healthy diet. Even small changes can have a big effect on your risk for getting diabetes.

What Can I Do Now?

If you think you are at risk for diabetes or pre-diabetes, call your doctor or ask about getting your free diabetes screening from the *Live Well, Be Well* program today.

For more information, Please call the *Live Well Be Well* program at:
(510) 981-5332

A Joint Project of
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