

Prevention

- Cut down on "carb" rich foods such as bread, pasta, rice, sugary drinks and sweets since these can increase your blood sugar
- Increase foods with lots of fiber such as lentils, fruits, vegetables, whole grains and nuts
- Try to exercise 30 minutes most days of the week, even if it's just walking



For more
information see:
The American
Diabetic
Association



City Medical Center

Non-profit low-cost clinic
3920 Braxton Suite 110
Houston, TX 77063
Phone: 281-853-9924
Open Saturdays from
9am-12 pm
www.foundationforbe.org



Diabetes mellitus

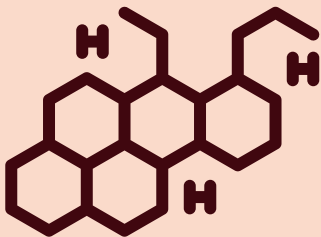
what it is and how to
prevent it

What is Diabetes?

Diabetes is a disease where blood glucose or sugar levels are too high.

This can happen if the body can't create enough insulin, the hormone responsible for allowing the body to use sugar.

If left untreated, high levels of glucose can cause serious long-term health problems.



Diagnosis

A fasting blood sugar can help diagnose diabetes and is:

- Normal if <100 mg/dL
- Prediabetes between 100-125 mg/dL
- Diabetes if >126 mg/dL

HbA1C shows your average blood sugar over the last 2-3 months and is:

- Normal if $<5.7\%$
- Prediabetes between 5.7-6.4%
- Diabetes if $>6.5\%$



Symptoms

Diabetes doesn't always have symptoms but some include:

- increased urination, thirst and hunger
- fatigue and drowsiness
- blurry vision
- tingling or numbness in the hands and feet

Complications

- Heart and blood vessel disease
- Nerve and eye damage
- Kidney damage

