

# Be Well, Stay Well

## Preventing Diabetes



### What is diabetes?

Diabetes is a disease in which blood glucose, or blood sugar, levels are above normal. The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get from the food we eat into the cells of our bodies to use for energy.

People with **type 1** diabetes are usually diagnosed as children or young adults, and their bodies do not produce insulin. **Type 2** diabetes is the most common form of diabetes where the body either does not produce enough insulin or the cells ignore the insulin. Both types of diabetes cause sugar to build up in the blood.

### Prevention

While type 1 diabetes cannot be prevented, research has found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes. Get 30 minutes of activity 5 days out of the week and eat a balanced diet to reduce your risk of diabetes.

### Have you been diagnosed with diabetes?

If you have diabetes, you are eligible to participate in the confidential Disease Management Nurse Coaching program. A dedicated Nurse Coach will work with you over the phone to help you understand and manage your condition.

**Call American Health at 866-244-8977 to enroll or learn more**

### Recognize the symptoms

If you experience symptoms of diabetes, see a doctor right away.

#### Type 1 diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

#### Type 2 diabetes\*

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

\*Often people with type 2 diabetes have no symptoms

Sources: Centers for Disease Control and Prevention,  
American Diabetes Association