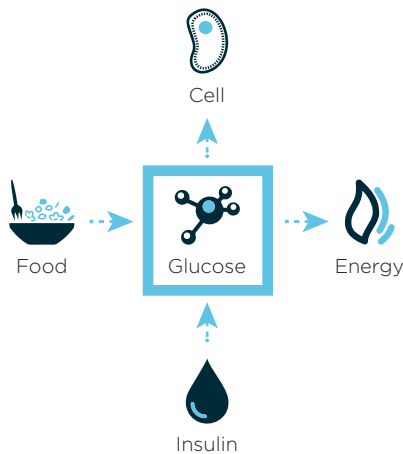


WHAT IS DIABETES?

Diabetes is a chronic disease resulting from the body's **inability to produce any or enough insulin**, causing elevated and **dangerous levels of sugar** in the blood.

What is the **role of insulin** in your body?



Most of the **food** you eat is turned into **glucose** (sugar) for your body to use as **energy**.

Your body produces **insulin**, a hormone that helps glucose be absorbed by the cells of your body.

There are **2 main types of diabetes**:



TYPE 1 DIABETES

Type 1 diabetes (most often diagnosed in children) results from the loss of the cells responsible for producing insulin, the blood sugar-controlling hormone.



TYPE 2 DIABETES

Type 2 diabetes (most often diagnosed in adults) results from insulin resistance - the cells don't know how to use the insulin.

FACTS

Diabetes is the
7TH LEADING CAUSE OF DEATH
in **the U.S.**

1/3 of the US population is estimated to have **prediabetes**,
a precondition that can potentially lead to Type II diabetes.



18.8 MILLION
people are **diagnosed** with diabetes.

It is estimated that
7 MILLION people have
diabetes but have gone **undiagnosed**.

8% OF US POPULATION
(**Diagnosed & Undiagnosed**) has diabetes.

TRIGGERS & CAUSES

Diabetes is due to
PREDISPOSITION AND
ENVIRONMENTAL TRIGGERS
that **can be managed** to achieve **improved** health outcome.

POPULATION MOST AT RISK

EVERYONE CAN BE AT RISK

but because of environmental and historical factors, studies show that diabetes is **diagnosed disproportionately between different ethnic groups**.

Ethnic-related risk of diagnosed diabetes **compared with non-Hispanic whites**:

The risk is **18%** higher among **Asian Americans**.

The risk is **66%** higher among **Hispanics**.

The risk is **77%** higher among **African Americans**.



IF PREGNANT,
poorly controlled diabetes can
put **your baby at harm**.

DO YOU HAVE THESE SYMPTOMS?



Excessive thirst
unrelated to natural
water needs



Chronic fatigue
and tiredness



Excessive hunger
even after eating



Sudden/Rapid
weight loss
(WARNING!)



Frequent urination
generally manifest by
repeated need to
urinate at night

Less recognizable symptoms of diabetes:



Blurry vision



Tingling
in extremities



Dry skin



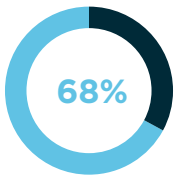
Recurrent yeast
infections



Slow healing
wounds

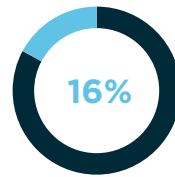
COMORBIDITY

Risk for stroke is **2 to 4 times higher** among people with diabetes.



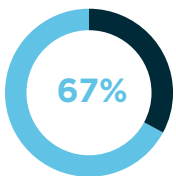
65+ YEARS OLD

68% of diabetes-related deaths reported cases of **heart disease**.



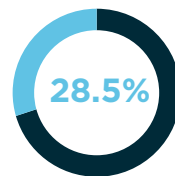
65+ YEARS OLD

16% of diabetes-related deaths reported cases of **heart stroke**.



20+ YEARS OLD

67% of diabetic people have **hypertension**.



40+ YEARS OLD

28.5% people with diabetes have **Retinopathy** (damage to retina).



AMPUTATIONS

60% of nontraumatic amputations are performed on diabetic people.

HOW TO PREVENT DIABETES

Even though no cure has been found yet, adopting healthier habits can go a long way toward improving the quality of life of diabetics.



TYPE I

There is no way to prevent as of today. You must be **delivered insulin** by injection or a pump.



TYPE II

This type of diabetes can be managed through **healthy**, sugar-free **diets**. Treating type II **doesn't** systematically require insulin intake to control blood pressure.

A DIABETES PREVENTION PROGRAM (DPP)

study showed that a **change in lifestyle and habits** can reduce development of Type 2 by **58%** during a **3 year** period and **71%** among adults **60+ years old**.

Tips to prevent or contain diabetes:



Lose
extra weight



Go for
whole grains



Get plenty
of fiber



Get more
physical activities



Blood
pressure control

Diabetes requires a **constant vigilance** and **self-monitoring**.
But if managed properly, working with your community and healthcare
providers, you can effectively **prevent complications**.



TAKE ACTION NOW.

Talk to your doctor or pharmacist to discuss the best option for you. They are here to help.

 BOCA PHARMACY GROUP

www.BocaPharmacyGroup.com

Information by Angela Velasquez-Gonzalez

