

# November is Diabetes Awareness Month!

Please **WEAR BLUE on Monday, Nov 15** in recognition of the world-wide fight against diabetes. Help raise the awareness of how Diabetes affects so many people! “Shine the Light” on diabetes by decorating with blue lights. The Blue Circle is the global symbol for diabetes. It signifies the unity of the global diabetes community in response to the rising number of people affected by diabetes. Take a creative picture using the blue circle app (Search: World Diabetes Day in your App store.) Post it to social media along with the 1-minute quiz to evaluate if you are at risk for developing Type 2 diabetes.

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

Do you know the difference between Type 1 and Type 2 diabetes?

*Type 1 Diabetes* is an **autoimmune disease**. The immune system mistakes the insulin-producing cells in the pancreas as “invaders” and attacks them. Once this happens, the cells can no longer produce insulin and the person must depend on insulin injections or an insulin pump to stay alive. **Currently, there is no cure to for Type 1 diabetes.**

*Type 2 Diabetes* is a **metabolic condition**. It’s when the body doesn’t produce enough insulin or becomes resistant to it. The condition can sometimes be controlled with proper diet and exercise, or a drug to enhance sensitivity to the body’s insulin production. **More than 50% of Type 2 diabetes can be prevented!**

**Do you know the signs and symptoms of high and low blood sugars? Take a look at the link below. We have many students and teachers with Type 1 and Type 2 diabetes. Know how to support them!**

<https://diabetesed.net/page/files/HyperHypo-handout.pdf>

# ALL ABOUT DIABETES TYPE 1 vs TYPE 2

1	2
<b>INSULIN PRODUCTION</b>	
The body does not make enough insulin = <b>INSULIN DEPENDENT</b>	The body cannot use insulin properly = <b>INSULIN RESISTANT</b>
<b>AGE AT DIAGNOSIS</b>	
Usually ages 0-40 (mostly young children or teens)	Usually ages 40+ (mostly adults but occurring in children and teens who are overweight and obese)
<b>SYMPTOMS OF DIABETES</b>	
Increased thirst & urination Weight loss Fatigue Fruity smelling breath Irritability Blurred vision Slow healing sores or frequent infections	Increased thirst & urination Weight loss Fatigue Blurred vision Slow healing sores or frequent infections
<b>DIABETES PREVENTION</b>	
<b>THERE IS NO WAY TO PREVENT TYPE 1 DIABETES</b>	<b>MOST CASES OF TYPE 2 DIABETES CAN BE PREVENTED</b>
<b>DIABETES TREATMENT</b>	
Insulin injections Blood sugar checks Healthy eating & meal planning Increased physical activity	Healthy eating & meal planning Increased physical activity Oral medication may be needed Blood sugar checks In some cases, insulin injections are also needed

**Let's do our part in raising awareness of diabetes!**

[Diabetes and Prediabetes](#)

[So...Do I Have Prediabetes | DoIHavePrediabetes.org](https://doihaveprediabetes.org/take-the-risk-test/#/)  
<https://doihaveprediabetes.org/take-the-risk-test/#/>