# **November is Diabetes Awareness Month!**

#### Please WEAR BLUE on Thursday Nov 12 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. <a href="http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/">http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/</a>

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/HyperHypohandout.pdf

# DIABETES TYPE 1 vs TYPE 2

1

2

## INSULIN PRODUCTION

The body does not make enough insulin

INSULIN DEPENDENT The body cannot use insulin properly

INSULIN RESISTANT

## **AGE AT DIAGNOSIS**

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)

#### SYMPTOMS OF DIABETES

Increased thirst & urination
Weight loss
Fatigue
Fruity smelling breath
Irritability
Blurred vision
Slow healing sores or

frequent infections

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### DIABETES PREVENTION

THERE IS NO WAY
TO PREVENT
TYPE I DIABETES

MOST CASES OF TYPE 2 DIABETES CAN BE PREVENTED

## DIABETES TREATMENT

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!