



Health Awareness

by Parish Nurse, Marlene Lindberg

November is Diabetes Awareness Month

"It's all about balance"



What is It?

Diabetes is a disease in which the body does not produce or properly use insulin.

Who has it?

There are no hard and fast criteria that can identify who gets it. Diabetes actually goes undiagnosed for a long time because the symptoms seem so harmless and mimic other diseases. Go to the American web site below and take their diabetes risk test to see how to measure your risk to develop diabetes.

*About 8% of
our population
have Diabetes.
Nearly 1 in 4
do not know
they have it.*



Types

- Type 1 Diabetes-our body fails to produce insulin.
- Type 2 Diabetes-our body fails to use insulin properly

How do I know if I have Diabetes?

Early diagnosis helps prevent complications

Some symptoms include:

- unusual thirst
- frequent urination
- weight change
- extreme fatigue or lack of energy
- blurred vision
- frequent or recurring infections
- cuts and bruises that are slow to heal
- tingling or numbness in hands and feet

What now?

If you have any of the symptoms over a period of 2-3 months, go to see your doctor for further investigation.

Web site for checking your risk for developing Diabetes: www.diabetes.org

For more information see the Health Bulletin Board, in the church, or call the Parish Nurse