

American Diabetes Month

NOVEMBER



Know Your Numbers

American Diabetes Association (Diabetes.org)

Did You Know

Today 4,660 Americans will be diagnosed with diabetes. Nearly 30 million Americans are currently diagnosed with diabetes. 86 million Americans have prediabetes. Health care costs are 2.3 times higher for individuals diagnosed with diabetes



Be Aware

Prediabetes

- No clear symptoms
- Before people develop type 2 diabetes, they almost always have prediabetes
- Blood glucose levels are higher than normal, but not high enough to be diagnosed with diabetes
- If you discover that you do have prediabetes, remember that it doesn't mean you'll develop type 2, Small changes in diet and physical activity have a huge impact!

Type 1

- Body doesn't make enough or any insulin
- Can develop at any age and there is no way to prevent the development of type 1 diabetes

Type 2

- Body can't make insulin properly
- Body becomes resistant to insulin
- Typically develops after age 45, but more and more children, adolescents, and young adults are developing type 2 diabetes

Know Your Diabetes ABCs

A	IS FOR THE A1c TEST. (blood glucose test)	LESS THAN	7%
B	IS FOR BLOOD PRESSURE.	LESS THAN	120/80 MMHG
C	IS FOR CHOLESTEROL LEVELS FOR LDL.	LESS THAN	100 MG/DL

Know The Symptoms

- Urinating often
- Feeling very thirsty
- Feeling very hungry; even with eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal

Talk to Our Pharmacists For More Information

Eagle River | Minocqua | Rhinelander | Tomahawk

