



Diabetes

Diabetes is a group of diseases characterized by high glucose levels resulting from defects in the body's ability to produce or use insulin.

Did you know?

- Two out of 3 people with diabetes die from heart disease or stroke.
- Being overweight is a risk factor for this disease, but other risk factors also play a role, such as family history, race, and age.
- Carbohydrate foods can be part of a healthy eating plan, but the key is portion size.

What is Insulin?

Insulin is a hormone that helps blood sugar enter the cells of the body, where it can be used as an energy source. Without insulin, blood sugar cannot enter cells and builds up in the bloodstream, causing damage and many of the symptoms and complications of diabetes.

Types of Diabetes

- **Diabetes Type 1-** The pancreas makes little or no insulin. It is usually diagnosed in children, adolescents, and young adults, but it can occur in people of any age.
- **Diabetes Type 2-** Cells do not respond normally to insulin; this is called insulin resistance. It usually appears in people over the age of 45, but it is showing up more and more in children, teens, and young adults.
- **Gestational diabetes** - It can appear during pregnancy in women who do not already have diabetes. It affects between 2 and 10% of pregnancies in the United States each year.

Symptoms	Type 1	Type 2
Constant need to urinate	X	X
Unusual thirst	X	X
Extreme hunger	X	X
Unusual weight loss	X	X
Extreme fatigue and irritability	X	X
Frequent infections		X
Blurry vision		X
Cuts or bruises that take time to heal		X
Tingling or numbness in the hands or feet		X
Recurring skin, gum, or bladder infections		X

* If you have one or more of these diabetes symptoms, see your doctor immediately.

Gestational Diabetes Symptoms

Women with gestational diabetes commonly have no symptoms, so it is important that women who are at risk for it are tested at the right time during pregnancy.

Risk Factors

It's important to talk to your doctor about having your blood sugar levels checked if you have any of the risk factors for prediabetes, including:

- Being overweight.
- Be 45 years or older.
- Have a parent or brother or sister with type 2 diabetes.
- Get physical activity less than three times a week.
- Have ever had gestational diabetes or have given birth to a baby that weighed more than 9 pounds.
- Have polycystic ovary syndrome.

Prediabetes and Hypoglycemia

Prediabetes is a serious condition in which your blood sugar levels are higher than normal, but have not yet reached high enough levels for type 2 diabetes to be diagnosed. If you have prediabetes, there is still time to make lifestyle changes to prevent or delay the onset of type 2 diabetes and other serious health problems. When blood sugar levels drop below 70 mg / dL, it is considered low and very common in people with type 1 diabetes. Keeping your meals on a regular schedule and not skipping them can help prevent your blood sugar from dropping, especially at night.

Diagnostic tests

- **A1C**- It measures the average level of sugar in the blood of the previous 2 or 3 months. Values less than 5.7% are normal, values between 5.7 and 6.4% indicate that you have prediabetes, and values of 6.5% or greater indicate that you have diabetes.
- **Fasting blood sugar** - Measure your fasting blood sugar level (before eating) in the morning. Values of 99 mg / dl or less are normal, values of 100 to 125 mg / dl indicate that you have prediabetes, and values of 126 mg / dl or greater indicate that you have diabetes.
- **Glucose tolerance test** - Measure your levels before and after drinking a liquid that contains fasting glucose. Your levels will be checked 1 hour, 2 hours, and possibly 3 hours later. Values of 140 mg / dl or less at 2 hours are considered normal, values of 140 to 199 mg / dl indicate that you have prediabetes, and values of 200 mg / dl or greater indicate that you have diabetes.
- **Unscheduled blood sugar test** - Measure your level at the time of testing. You do not need to be fasting before having it. Values of 200 mg / dl or higher may indicate that you have diabetes.

Gestational diabetes is diagnosed with blood tests, between week 24 and 28 of pregnancy to rule out type 1 or type 2 diabetes.

Complications

Proper treatment and recommended lifestyle changes can prevent or delay the onset of complications. These include:

- Cardiovascular disease
- Chronic kidney disease
- Damage to nerves
- Foot Problems
- Oral diseases
- Hearing Loss
- Loss of Vision



Maintenance and Prevention

- Follow the doctor's treatment.
- Have backup medications in case of emergency.
- Perform preventive tests frequently.
- Modify the portions of your food.
- Get 30 minutes of exercise 5 days a week (check with your doctor before starting).
- Maintain a healthy weight.
- Monitor your blood sugar values.
- Get vaccinated.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

References:

Basic information on Diabetes. CDC. Retrieved from <https://www.cdc.gov/diabetes/spanish/basics/index.html>
 American Diabetes Association. Retrieved from <http://archives.diabetes.org/es/informacion-basica-de-la-diabetes/mitos/>

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