

Diabetes... What YOU Should Know?

Facts about Diabetes in Saskatchewan:

- Approximately 3,200 people are newly diagnosed with diabetes each year
- By 2002, there were more than 47,000 people diagnosed with diabetes in Saskatchewan
- About 23,000 or more people have diabetes and remain undiagnosed

Symptoms

- Hyperglycemia (high blood sugar):
- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

WHAT IS DIABETES?

Diabetes is a disease in which your body cannot properly store and use fuel for energy. The fuel that your body needs is called glucose (sugar). Glucose comes from foods such as breads, cereals, pasta, rice, potatoes, fruits and some vegetables. To use glucose, your body needs insulin. Insulin is made by a gland in your body called the pancreas.



- You have diabetes because either:
- Your body makes too little or no insulin. This is called type 1 diabetes; or
 - Your body can't use the insulin it makes. This is called type 2 diabetes.

With little or no insulin, glucose builds up in your blood instead of being used for energy. This causes high blood glucose levels (hyperglycemia). Low blood sugar (hypoglycemia) is caused when there isn't enough sugar in your blood or there is too much insulin. This means there is no or not enough glucose to be used by the cells.

Many people have diabetes for years without knowing it. During this time, high blood glucose levels can cause serious damage. Regular medical check-ups are key to early diagnosis. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Uncontrolled or poorly controlled diabetes can lead to complications including diabetic eye complications, kidney disease, nerve damage, heart disease, increased risk of lower extremity amputations and premature death.

Did You Know...

4 out of 5 people with diabetes will die of heart disease caused by their diabetic condition.

Losing just 5-7% of your weight, exercising just a half hour per day and following a healthy diet can reduce your risk of getting diabetes by up to 58%.

Life expectancy for people with type 1 diabetes may be shortened by as much as 15 years.

Life expectancy for people with type 2 diabetes may be shortened by 5 to 10 years

For more information visit www.diabetes.ca

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Risk Factors:

- Obesity
- Apple-shaped figure
- Age
- Sedentary lifestyle
- Family History
- High Blood Pressure
- High Cholesterol



Long Term Effects of Uncontrolled Diabetes:

- kidney failure
- heart disease
- impotence
- blindness
- amputation