



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

Volume 2, Issue 11

November 2010: Diabetes

November is... American Diabetes Month

Diabetes is a disease in which the body has a decreased ability to use insulin, a shortage of insulin, or both. Insulin is a hormone that allows glucose (sugar) to enter cells and be converted to energy. When someone is diabetic and their diabetes is not under control, glucose and fats remain in the blood. Over time, this can damage vital organs. Diabetes is the leading cause of kidney failure.

In the United States, nearly 24 million children and adults have diabetes. Another 57 million people are prediabetic and are at risk for getting Type 2 diabetes.

A person with diabetes has 2.3 times higher medical costs than those without diabetes.



Risk Factors for Type 2 Diabetes:

- Older age
- Obesity
- Family history of diabetes
- Prior history of gestational diabetes
- Impaired glucose tolerance
- Physical inactivity
- Race/Ethnicity (African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at a higher risk)

Symptoms of Diabetes:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

<http://www.cdc.gov/chronicdisease/resources/publications/AAG/ddt.htm>

Did you know...?

Type 2 Diabetes is preventable and controllable. The major risk factors are obesity, lack of physical exercise, and an unbalanced diet. Lifestyle changes can prevent or delay the onset of Type 2 Diabetes in people who are at high risk. Type 2 diabetes accounts for 95% of diabetes cases.

Know Your Numbers

	Plasma Values	Whole Blood Values
Before meals	90-130	80-120
After meals	Less than 180	Less than 170

The Portage County Health Department can do blood glucose testing. There is a \$9 charge and it is by appointment only.

What: Blood Glucose Testing

Where: Portage County Health Department
449 South Meridian St.
Ravenna, OH 44266

How: By appointment ONLY
330-298-4490

Cost: \$9.00

Type 1 Diabetes may be caused by genetics, environment, or autoimmune disorder. It accounts for 5% of diabetes cases.

Prediabetes is when blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.

Questions or Comments?

Contact Us!

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Ravenna, Ohio 44266
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Email: pchd@portageco.com

<http://www.co.portage.oh.us/healthdepartment.htm>