



Health Tribune

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



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November is... Diabetes Awareness Month

Diabetes doesn't stop. It is 24/7. 365 days a year. There are three different types of diabetes. Diabetes 1, 2 and gestational diabetes. Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.



Symptoms of Diabetes

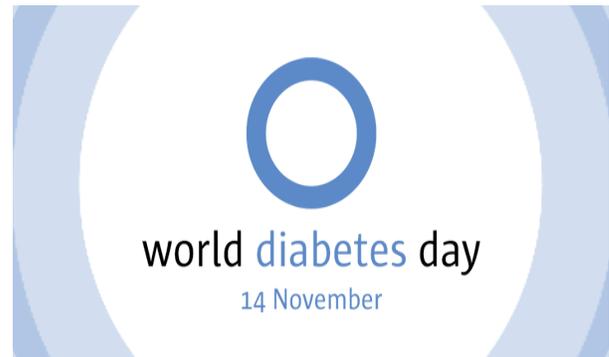
Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

For more information visit: <http://www.diabetes.org/diabetes-basics/symptoms/?loc=DropDownDB-symptoms>

Did you know...?

That 25.8 million children and adults in the United States—8.3% of the population—have diabetes. In 2010 there were 1.9 million new cases of diabetes are diagnosed in people aged 20 years and older. About 13.0 million, or 11.8% of all men aged 20 years or older have diabetes. And 12.6 million, or 10.8% of all women aged 20 years or older have diabetes.



For additional information visit: <http://www.diabetes.org/diabetes-basics/diabetes-statistics/?loc=DropDownDB-stats>

Questions or Comments?

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