

# DIABETES AWARENESS



Imagine a world where your body can't turn the food you eat into energy. That's the reality for millions of people living with diabetes. **Discover two types of diabetes and what symptoms to watch for.**

## WHAT IS DIABETES?

Diabetes is a chronic health condition that affects **how your body is able to turn food into energy**. When you eat, your body breaks down food into sugar, which is then released into your bloodstream. To enter your cells for energy, this sugar needs insulin. In people with diabetes, insulin production is insufficient or ineffective.

## MAIN TYPES OF DIABETES

### TYPE 1

Type 1 diabetes occurs when your **pancreas doesn't produce enough insulin**.

This type of diabetes is **usually diagnosed in children, teens, and young adults**, but it can develop at any age.



### TYPE 2

Type 2 diabetes occurs when your **cells don't respond normally to insulin**, which is known as insulin resistance.

Out of the 38 million Americans with diabetes, approximately **90%-95%\*** of them **have Type 2 diabetes**.

## COMMON SIGNS & SYMPTOMS OF DIABETES

- Thirst & extreme hunger
- Frequent urination
- Blurred vision
- Unexplained weight loss
- Presence of ketones in urine
- Fatigue
- Slow-healing sores
- Frequent infections



If you are experiencing symptoms of diabetes, **contact your doctor**. For more information, **visit the American Diabetes Association** website at [www.diabetes.org](http://www.diabetes.org).



**QUESTIONS? Contact TrueNorth's TRUEAdvocate Team:**  
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\* [cdc.gov/diabetes/about/about-type-2-diabetes.html](https://cdc.gov/diabetes/about/about-type-2-diabetes.html)