

## Do You....?

- feel thirsty all the time?
- have to use the restroom often?
- often feel tired or hungry?
- lose weight without trying?
- have sores that take a long time to heal?
- have dry, itchy skin?
- have less feeling or experience tingling in the feet?
- have blurry eyesight?

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The more boxes you checked, the more likely you are to have diabetes. Make an appointment today with your doctor!

**I'M CONTROLLING  
MY DIABETES—  
WITH A LITTLE HELP  
FROM MY FAMILY**



**CONTROLLING  
DIABETES MAKES A HUGE  
DIFFERENCE**



## WHY WOULD YOU HAVE HIGH BLOOD SUGAR?

Diabetes results when the body doesn't make enough insulin, or the insulin it makes doesn't work right.

Insulin moves the glucose (sugar) from the food you eat into your body's cells.

Being older, overweight and leading an inactive lifestyle can put you at risk for diabetes.

### GET MORE INFORMATION FROM:

-  Your doctor
-  American Diabetes Association  
1-800-DIABETES or  
[www.diabetes.org](http://www.diabetes.org)

**To learn about diabetes  
classes call your local  
Extension Agent at:**

**D**iabetes means that your blood glucose (sugar) level is too high. Blood always has some glucose in it to produce energy, but too much glucose is not good for your health.

After age 45, you should have your blood glucose level checked every 3 years.

If you ignore diabetes, you are at risk for:

-  stroke
-  blindness
-  loss of limb
-  heart attack
-  kidney disease
-  nerve damage



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Texas Cooperative Extension  
311 History Building TAMU 2251  
College Station, TX 77843-2251

# WHAT IS DIABETES?



# AM I AT RISK?