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Type 1 and Type 2 Diabetes

Type 1 Diabetes has also been called in the past as Juvenile Diabetes. It is usually diagnosed in children and young adults because the body does not produce insulin. Insulin has been identified as the hormone that is needed to convert sugar, starches and other food items into energy needed by the body.

Type 2 Diabetes is the body's lack of producing insulin or the cells ignore the insulin. In the case of ignoring the insulin, the glucose builds up in the blood and overtime can result in damage to the eyes, kidneys, nerves and heart. Diabetes is more common in African Americans, Latino's, Native Americans, Asians and the older population. 95% of Diabetics fall into the Type 2 classifications.

You can lower your risk of Type 2 Diabetes by staying at a healthy weight, exercise and eating healthy. It is a serious disease because more die each year than from Breast Cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke. Diabetes is caused by genetics and life styles. So by watching what you eat and being physically active can delay the onset of Diabetes.

Make yourself aware of the sodium, sugar and fat in food you eat and drink. One can of regular soda contain as much as 10 teaspoons of sugar. Eating smaller amounts of meat and food containing carbohydrates and sodium and make a big difference in your risk factors.

Be aware of the foods you eat, your daily activities and your weight can make a difference. For more information, go to <http://www.diabetes.org> and read from the MANY topics there to help you make better decisions. The more you know, the more you can help yourself and others. Knowledge along with our efforts to raise funds to support research will help find a cure for this terrible disease. We are working for ourselves and those we come into contact every day.

Lynda Dobbins, Chairman Diabetes Education Committee