

## **November is American Diabetes Month:**

Did you know:

Diabetes is the most common chronic illness affecting children and their body's ability to use food properly.

Diabetes affects more than 29.1 million Americans

### **There are two types of diabetes:**

**Type 1:** One child out of 700 develops type 1 diabetes

**Type 2:** We are diagnosing more and more children and teenagers with type 2 diabetes. In addition, the prevalence of type 2 diabetes is increasing with the population growing older and Americans becoming more obese and leading sedentary lifestyles. Type 2 diabetes accounts for 90-95% of patients with diabetes.

Children with diabetes can lead normal lives. They should play games and sports because exercise helps to lower blood glucose levels.

### **The early warning signs of diabetes include:**

#### **Type 1 Diabetes**

Frequent urination  
Unusual thirst  
Extreme hunger  
Unusual weight lost  
Extreme fatigue  
Irritability

#### **Type 2 Diabetes**

Any of the type 1 symptoms  
Frequent infections  
Blurred vision  
Cuts/bruises that are slow to heal  
Tingling/numbness in the hands or feet  
Recurring skin, gum, or bladder infections

If you notice any of the above symptoms you should speak with your health care provider.