

# Diabetes - Type 1, Type 2, and Gestational

People with Diabetes have high blood sugar because their body doesn't make insulin or their body doesn't respond to the insulin they do make. Insulin is a hormone that controls how the body turns sugar from food into energy.

## Type 1 Diabetes

Type 1 Diabetes is found mostly in children and young adults. People with Type 1 Diabetes do not make enough insulin in their bodies and must have insulin shots every day to make sure they have enough insulin so that the food they eat can turn into energy. **Symptoms: urinate often, very thirsty or very hungry, loss of weight, very tired or weak, blurred vision, trouble sleeping.**

## Type 2 Diabetes

Type 2 Diabetes is found mostly in people over 45, but is showing up in younger patients because of unhealthy diets and lack of regular exercise. People with Type 2 Diabetes either cannot make enough insulin or cannot use the insulin they do make very well. Risk for Type 2: older than 45 years of age, overweight and/or do not exercise regularly, related to someone with diabetes, such as a parent, brother or sister, gave birth to a baby that weighed 9 pounds or more or had gestational diabetes while pregnant, African American, Hispanic/Latino, Native American, Asian American or Pacific Islander. **Symptoms: any of the symptoms of Type 1 Diabetes (listed above), dry mouth, cuts or bruises that heal slowly, tingling or numbness in hands or feet, skin, gum or bladder infections that keep coming back.**

*Gestational Diabetes is when a pregnant woman, who has never had diabetes before, has high blood sugar levels during pregnancy. Gestational Diabetes can sometimes turn into Type 2 Diabetes.*

## Treating Diabetes and keeping blood sugar in the normal range

The most important thing you can do to treat your Diabetes is to check your blood sugar every day, and to keep your blood sugar in the normal range.

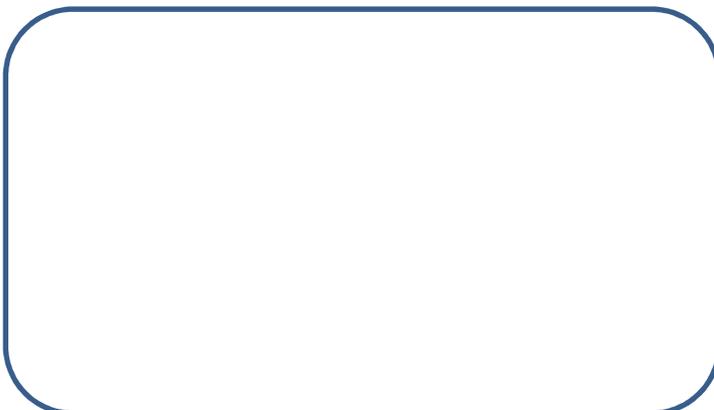
- Eat a healthy diet
- Take your medicine
- Avoid Low Blood Sugar
- Quit smoking
- Maintain a healthy weight with exercise
- See your health care provider as scheduled and get an eye exam once a year

Call your health care provider right away if you have any of these warning signs:

- You start feeling very thirsty and are urinating more than usual
- You feel sick to your stomach or vomit more than once
- Your breathing becomes deeper and faster than usual
- Your breath smells sweet and/or you experience tingling around the mouth
- You feel uncoordinated, shaky, weak, drowsy, confused, dizzy, start to tremble, or see blurry or double.

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