

## Getting Help

The first line of support is the health care provider. Be sure to keep any appointments with the health care provider and follow the treatment plan. Other good and reliable sources with more information and tools and support:

- American Diabetes Association. <https://www.diabetes.org/tools-support>
- Center for Disease Control. Prevent Diabetes Complications. <https://www.cdc.gov/diabetes/managing/problems.html>
- Center for Disease Control. Diabetes and Mental Health. <https://www.cdc.gov/diabetes/managing/mental-health.html>

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# Diabetes Mellitus

37.3 million adults have diabetes (11.3% of the United States population)

8.5 million of these adults (23.0%) do not realize they have diabetes



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# Types of Diabetes

## Type 1

The body does not make insulin properly. The immune system attacks and destroys cells in the pancreas.

## Type 2

The body does not use insulin properly.



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## Prediabetes

Occurs when blood sugars are too high but not high enough to be diagnosed as diabetes.

In all types of diabetes there is too much glucose (or sugar) circulating in the blood.

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## Possible Symptoms

- Frequent Urination
- Thirst
- Excessive Hunger
- Blurry Vision
- Weight Loss (Type 1)

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## Testing

There are two common types of diabetic testing that are available.

### Hemoglobin A1C

Hemoglobin A1C tests are a common method of determining blood sugar levels.

More information on diabetic testing can be found on the CDC website, listed below:

- <https://www.cdc.gov/chronicdisease/resources/publications/aag/diabetes.htm>

### Fasting Blood Sugar Test

The fasting blood sugar test measures your blood sugar after you have fasted overnight.

