Statistics:

- Type 1 diabetes, which was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes, may account for 5% to 10% of all diagnosed cases of diabetes.

- Type 2 diabetes, which was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes.

- Gestational diabetes is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2% to 5% of all pregnancies but usually disappears when a pregnancy is over.

- Other specific types of diabetes resulting from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses may account for 1% to 2% of all diagnosed cases of diabetes.

Local Services Available:

**Dickinson-Iron District Health Department**
(906) 774-1868 or (906) 265-9913
[http://www.didhd.org](http://www.didhd.org)

- “Health Tracks” – Worksite and Community Health Promotion program to produce a healthier workforce and community.

- Senior Health Screening and Education Program

- “Michigan Steps Up” – [www.michiganstepsup.org](http://www.michiganstepsup.org)
  Interactive, online tool to create a personal health plan and obtain health improvement information.
WHAT YOU SHOULD KNOW:

- Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.

- People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms: Frequent urination * Excessive thirst * Unexplained weight loss * Extreme hunger * Sudden vision changes * Tingling or numbness in hands or feet * Very tired most of the time * Very dry skin * Sores that are slow to heal

- Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type 1 diabetes. Healthy eating, physical activity, and insulin injections are the basic therapies for type 1 diabetes. The amount of insulin taken must be balanced with food intake and daily activities. Blood glucose levels must be closely monitored through frequent blood glucose testing.

- Healthy eating, physical activity, and blood glucose testing are the basic therapies for type 2 diabetes. In addition, many people with type 2 diabetes require oral medication, insulin, or both to control their blood glucose levels.

- People with diabetes must take responsibility for their day-to-day care, and keep blood glucose levels from going too low or too high. People with diabetes should see a health care provider who will monitor their diabetes control and help them learn to manage their diabetes. In addition, people with diabetes may see endocrinologists, who may specialize in diabetes care; ophthalmologists for eye examinations; podiatrists for routine foot care; and dietitians and diabetes educators who teach the skills needed for daily diabetes management.

RESOURCES:

National Diabetes Education Program
Internet http://www.cdc.gov/diabetes/ndep/index.htm

American Diabetes Association
703-549-1500
800-ADA-ORDER to order publications toll free
800-342-2383 (800-DIABETES) for diabetes information
Internet http://www.diabetes.org

American Dietetic Association
800/366-1655 Consumer Nutrition Hotline
Internet http://www.eatright.org/

Juvenile Diabetes Research Foundation
800/JDF-CURE or 800/223-1138
212/785-9595 (fax)
Internet http://www.jdrf.org

National Diabetes Information Clearinghouse
301/654-3327 (phone); 301/907-8906 (fax)