

# Be in the K.N.O.W. about **diabetes**

Diabetes is a chronic (long-lasting) disease. Your body doesn't make enough insulin or can't use it well enough to turn food into energy. Over time, heart disease, vision loss, and kidney disease can occur.



## Did you know?

In 2024, about **38 million** adults have diabetes. 1 in 5 of them don't know they have it.

Diabetes is the **number one cause** of kidney failure, lower-limb amputations, and adult blindness

## What are the symptoms?

- 1 Frequent urination, especially at night
- 2 Losing weight without trying
- 3 Feeling very thirsty
- 4 Feeling very tired
- 5 Sores that heal slowly

## Risk factors for diabetes

- 1 Being overweight.
- 2 Being 45 years or older.
- 3 Have a parent and/or sibling with diabetes.
- 4 Lack of exercise.
- 5 Gave birth to a baby who weighed more than nine pounds.
- 6 You are African American, Hispanic, American Indian, Alaska Native, Pacific Islander, or Asian American.

## Know your numbers

One way to find out if you have prediabetes or diabetes is to get your fasting blood glucose checked by your doctor. "Fasting" means you have nothing to eat or drink except sips of water for at least eight hours before your test.

If your fasting blood glucose level is:	This is
Below 100 mg/dl	<b>Normal</b> <ul style="list-style-type: none"><li>• Great! Keep up the good work!</li></ul>
100-125 mg/dl	<b>Prediabetes</b> <ul style="list-style-type: none"><li>• Your glucose levels are higher than normal. You are at risk of developing type 2 diabetes. Take steps to prevent it!</li></ul>
126 mg/dl or higher	<b>Diabetes</b> <ul style="list-style-type: none"><li>• Work with your healthcare providers to control your diabetes.</li><li>• Diabetes increases the risk of heart disease, heart attack, and stroke.</li></ul>

Source: CDC

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