

## Diabetes Care at McKinley

Diabetes is a disease in which the body is not able to use sugar properly. As a result, sugar builds up in the blood and the cells do not get the energy they need to function.

### There are different types of diabetes

In Type 1 diabetes, the pancreas (a gland behind the stomach) makes little or no insulin. The body cells need insulin to use the sugar in the blood for energy. People with Type 1 diabetes **MUST** take insulin injections, along with proper diet and exercise to stay healthy.

In Type 2 diabetes, the pancreas makes some insulin, but either it is not enough or the cells do not use it correctly (insulin resistance). Some people with Type 2 diabetes can control their disease with diet and exercise. Some will require medications (pills, insulin injections, or both) to maintain their health.

Gestational diabetes is another type of diabetes that occurs only during pregnancy.

### Risk factors for diabetes include

- Family history of diabetes
- Obesity
- Lack of exercise/sedentary lifestyle
- Age 45 or older
- African, Asian, Latino/Latina, Native Americans, or Pacific Islanders heritage
- High blood pressure
- Exposure to certain viruses which damage the pancreas
- History of gestational diabetes, or having given birth to a baby weighing over nine pounds.
- If you have any of these risk factors, you can lower your risk for developing diabetes by keeping your weight under control, eating meals low in fat and high in fruits and vegetables, and exercising most days of the week.

### Symptoms of diabetes include

- Frequent urination
- Increased thirst
- Weight loss (in spite of increased appetite)
- Blurred vision
- Infections or wounds that heal slowly
- Pain, numbness, or tingling in the feet
- Stomach pain
- Vomiting
- Rapid, shallow breathing
- Erectile dysfunction
- Recurrent yeast infections

A fasting blood glucose test is necessary to diagnose diabetes. Your health care provider may order additional tests. Diabetes requires daily care. Components of diabetes management include:

- Monitoring blood sugar levels in your body
- Meal planning
- Exercise
- Medications (if required) which may include insulin, pills, or both

### Resources at McKinley for diabetes care include

- Medical examinations, education counseling
- Nutrition counseling
- Exercise and fitness counseling
- Collaboration of care with outside specialist

Your health care provider will perform examinations and work with you to develop a treatment plan, and order medications and supplies.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>