



What is Diabetes?

Diabetes is a condition where the body either does not make enough insulin, or does not use insulin properly, which is called **insulin resistance**.

Type 1: Often referred to as Juvenile diabetes. The body **does not make insulin**. Only about 5% of total diabetes diagnoses are Type 1.

Type 2: The most common type of diabetes. The body **does not use insulin effectively**. This leads to pancreas cell death and damage that is usually irreversible. Reversing type 2 diabetes is virtually impossible, but it can be managed. Type 2 diabetes is treated with lifestyle changes, oral medications and if necessary, insulin.

Gestational: Occurs during pregnancy when the body starts not using insulin effectively as the baby gestates.

Risk factors include excess weight, physical inactivity, high blood pressure, high cholesterol, poor diet, family history, ethnic background, being 45 and older, and other chronic conditions.

Signs and symptoms include blurred vision, excessive hunger, frequent urination, increased thirst, unexplained weight loss, slow heal wounds/increased infections, fatigue, numbness/tingling in limbs and nausea/vomiting.

Longterm complications can cause nerve damage, blindness, kidney disease, sexual dysfunction, pregnancy complications, dental problems, amputation, stroke, and heart attack.

Blood Glucose Category	Fasting Blood Glucose
Normal	70 - 99 mg/dl
Elevated/ Pre-Diabetes	100 - 125 mg/dl
Diabetes	126+ mg/dl *

*More than one fasting lab draw is needed to confirm diagnosis

Source: diabetes.org

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT
National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer
262.804.1068 • allisonknight@employeehc.com