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November 2005: Diabetes

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Government Documents at Dacus Library



Did you know...

that November is **National Diabetes Awareness Month?**

Diabetes is a group of diseases characterized by high levels of blood glucose (blood sugar). About 21 million Americans have diabetes.

There are 2 major types of diabetes mellitus:

Type 1 (juvenile-onset diabetes mellitus or insulin dependant)

- Less common
- Usually occurs in young persons below the age of 35
- Body is unable to produce insulin, a hormone produced by the pancreas that allows the body to use glucose (simple sugar) instead of fats. When there is no insulin, the body cannot use or store the glucose that comes from food and this causes the blood sugars to become very high. Instead, the body uses fat as a source of fuel giving rise to some of the complications of diabetes mellitus.

Type 2 (adult-onset or non-insulin requiring)

- More common
- No shortage of insulin (at least at the start of the disease)
- Cells and tissues of the body are unable to respond to the insulin produced by the pancreas.
- This type of diabetes commonly occurs in persons who are overweight and have high blood pressure. There are often other family members who also have the disease.

Treating diabetes

Type 1 diabetes must have insulin delivered by injection or a pump.

Type 2 diabetes can control blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication.

(From National Diabetes Education Program: <http://www.ndep.nih.gov/index.htm>)

For more information:

Federal Government Links

[National Institute of Diabetes and Digestive and Kidney Diseases](#)

[Centers for Disease Control and Prevention Diabetes Resource](#)

[Veterans Affairs Diabetes Program](#)

[USDA Nutrition and Diabetes Resource List for Consumers](#)

[Centers for Medicare & Medicaid Services Diabetes Screening](#)

[Centers for Medicare and Medicaid Services Preventive Services](#)

[Office of Minority Health, HHS, Diabetes](#)

[Food and Drug Administration Diabetes Information](#)

[Department of Health and Human Services - Women's Health USA 2005](#)

[Diabetes in America, 2nd edition](#) PDF - 733-page compilation and assessment of diabetes and its complications in the United States. Published by the National Diabetes Data Group of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Links to non-Federal organizations:

[American Association of Diabetes Educators \(AADE\)](#)

[American Diabetes Association \(ADA\)](#)

[American Dietetic Association \(ADietA\)](#)

[International Diabetes Federation](#)

[Juvenile Diabetes Foundation \(JDF\)](#)

[World Health Organization Diabetes Program](#)

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