

# Educate Yourself About Diabetes

Diabetes is a disease in which blood glucose levels are above normal. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.<sup>2</sup>

## WHAT CAN YOU DO Know the symptoms of diabetes<sup>3</sup>

- Frequent urination
- Excessive thirst
- Extreme hunger
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss (Type 1)
- Tingling, pain or numbness in hands/feet (Type 2)

Find out if you are at risk. Visit [www.floridahealth.gov/diabetes](http://www.floridahealth.gov/diabetes)



Have regular physician visits to keep your diabetes under control.

Talk to your health care provider about when you should get tested and which test is right for you.

If you have prediabetes, take a diabetes prevention class.

Find programs at:

[https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx?STATE=FL](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx?STATE=FL)

If you have diabetes, take an accredited or recognized DSME class.

Find programs at: [www.flhealth.gov/diabetes/type-2/dsme.html](http://www.flhealth.gov/diabetes/type-2/dsme.html)



## LOWER YOUR RISK

Stay active! Physical activity can help control blood glucose, weight, and blood pressure

Maintain a healthy diet by eating smaller portions and less fat

Lose weight through a healthy lifestyle change program

For more information:  
<http://www.flhealth.gov/diabetes/>

## SOURCES

1. FL Dept. of Health (October 2015). Florida Behavioral Risk Factor Surveillance System (BRFSS) 2014 Data Book. [www.tinyurl.com/BRFSS-FL-2014](http://www.tinyurl.com/BRFSS-FL-2014)

2. American Diabetes Association (ADA). Diagnosing Diabetes and Learning about Prediabetes. [www.diabetes.org/diabetes-basics/diagnosis/](http://www.diabetes.org/diabetes-basics/diagnosis/)

3. ADA. Diabetes Symptoms. [www.diabetes.org/diabetes-basics/symptoms/?referrer=https://www.google.com/](http://www.diabetes.org/diabetes-basics/symptoms/?referrer=https://www.google.com/)

