

Can I Get Diabetes?

Diabetes is a disease that causes your blood sugar to become too high.



It can occur when your body does not make enough insulin, or your body cannot use the insulin it makes.

Insulin is a natural hormone made by an organ called the pancreas that helps your body turn the food you eat into energy.



Diabetes can be controlled with a healthy diet, exercise, and the right medicines.

There are more than **450 million** people in the world with diabetes.¹

Uncontrolled diabetes may lead to blindness, heart disease, stroke, kidney failure, and amputations. Many African Americans, Latinos, American Indians, and Alaska Natives have diabetes.²

You are at an increased risk of getting diabetes if you:³



Have a mother, father, brother, or sister with diabetes



Have high blood pressure



Are overweight



Have high levels of cholesterol and/or triglycerides



Do not exercise



Have a history of cardiovascular disease



Eat an unhealthy diet



Had diabetes during pregnancy



Are over 45 years old



Have been diagnosed with polycystic ovary syndrome (PCOS)

About half of all people living with diabetes do not know that they have the disease.¹

You may not have any symptoms, or you may feel more **thirsty** than usual, **find yourself peeing a lot**, and have **unexplained weight loss**.

It is important to have your blood sugar tested by your doctor to make sure it is normal.



If you find out you have diabetes, then you can start to:



eat right



exercise



**take medicine to
control your blood sugar**

If you are tested and do not have diabetes, then you can still add better foods to your diet and increase physical activity to stay healthy.

Prediabetes is a condition where your blood sugar is high, but not quite high enough to have diabetes. It means that you may develop diabetes if you do not lose weight, exercise, and improve your diet.

There are many things you can do to prevent diabetes and stay healthy, such as:

- Cutting back on foods with empty calories, like soda, candy, and chips
- Eating a lot of vegetables, low-fat foods, and high-fiber foods, such as beans, whole grain breads, and oatmeal
- Making physical activity a part of your daily routine. For example, dancing, playing a sport, or walking instead of driving
- Keeping your weight in a normal range
- Getting tested by your doctor every few years for diabetes

1. Cho NH, et al. Abstract of "IDF Diabetes Atlas: Global estimates of diabetes prevalence for 2017 and projections for 2045." Diabetes Res Clin Pract. 138; 2018.

2. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Available at: <http://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>. Accessed February 5, 2019.

3. American Diabetes Association. Standards of Medical Care in Diabetes – 2019. Diabetes Care. 2019; Vol.42 (Suppl. 1): S17.