

# NOVEMBER IS...



## AMERICAN DIABETES MONTH

- **Symptoms Include:** urinating often, feeling very thirsty, extreme hunger, unexplained weight loss, extreme fatigue, blurry vision, sores that are slow to heal, very dry skin, tingling or numbness in hands and feet.
- **Type 1 Diabetes:** is usually diagnosed in children and young adults. The body does not produce insulin in this type.
- **Type 2 Diabetes:** is the most common type. The body does not use insulin properly, called insulin resistance.
- **Gestational Diabetes:** is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies.
- **Treatment:** Healthy eating, physical activity, insulin injections, or blood glucose testing.
- For more information visit [www.diabetes.org](http://www.diabetes.org).

# HURON COUNTY PUBLIC HEALTH

