

GET SMART ABOUT DIABETES



1 KNOW THE TYPES OF DIABETES

Type 1 diabetes

- Usually diagnosed during childhood or adolescence
- Not preventable

Type 2 diabetes

- Usually diagnosed in people aged 40 or older
- Preventable with diet, exercise, and weight management

Gestational diabetes

- Occurs in 5-10% of pregnancies; usually goes away after delivery
- Preventable with diet, exercise, and weight loss prior to pregnancy

2 KNOW THE WARNING SIGNS

- Increased thirst
- Hunger after eating
- Frequent urination
- Unexplained weight loss
- Blurred vision
- Headaches
- Fatigue
- Cuts or bruises that are slow to heal
- Tingling, pain, or numbness in the hands or feet



Some people don't have any warning signs.

3 KNOW THE RISK FACTORS

- Parents and/or siblings with diabetes
- Being overweight or obese
- Lack of physical exercise
- High blood pressure
- A history of gestational diabetes or delivering an infant weighing more than nine pounds
- A history of polycystic ovary syndrome

4 KNOW HOW TO PREVENT TYPE 2 DIABETES

- Exercise regularly
- Maintain a healthy weight
- Eat right
- Get screened at your annual checkup

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