**November**

**is**

**American Diabetes Month**

Diabetes Overview

Diabetes is a number of diseases that involve problems with the hormone insulin. Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar and fat from the food you eat. Diabetes can occur when the pancreas produces very little or no insulin, or when the body does not respond appropriately to insulin. As yet, there is no cure. People with diabetes need to manage their disease to stay healthy.

According to the American Diabetes Association, there are 29.1 million people in the United States who have diabetes.  While an estimated 21 million have been diagnosed, unfortunately 8.1 million people are unaware that they have the disease.

Diabetes Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

* Urinating often
* Feeling very thirsty
* Feeling very hungry - even though you are eating
* Extreme fatigue
* Blurry vision
* Cuts/bruises that are slow to heal
* Weight loss - even though you are eating more (type 1)
* Tingling, pain, or numbness in the hands/feet (type 2)

**Early detection** and treatment of diabetes can decrease the risk of developing the [complications of diabetes](http://www.diabetes.org/living-with-diabetes/complications/?loc=symptoms).

Risk Factors

[What Increases My Risk?](http://www.webmd.com/diabetes/guide/risk-factors-for-diabetes)

One of every four people with diabetes doesn't know they have it. See if your risk of having the disease is high. Click on the below link to take a risk test.

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

For more information call 1-800-DIABETES (1-800-342-2383)

or visit www.diabetes.org