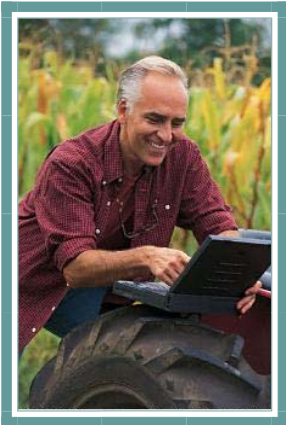


## WEBSITES TO EXPLORE

- ◇ American Diabetes Association  
<http://www.diabetes.org>
- ◇ Take Diabetes to Heart  
<http://www.takediabetestoheart.com/take.htm>
- ◇ Juvenile Diabetes Foundation  
<http://www.jdf.org>
- ◇ National Institute of Diabetes and Digestive and Kidney Diseases  
<http://www.niddk.nih.gov>



## SOUND PARTNERS FOR COMMUNITY HEALTH IS A JOINT PROJECT OF:



*WEKU broadcasts classical music and news to more than 40,000 listeners in central and southeastern Kentucky on WEKU 88.9FM in Richmond and WEKH 90.9FM in Hazard.*



*Pattie A. Clay Regional Medical Center is a charitable institution serving a culturally diverse population that strives to provide a safe and appropriate continuum of care for its patients.*

For more information on Diabetes or other chronic health issues contact:

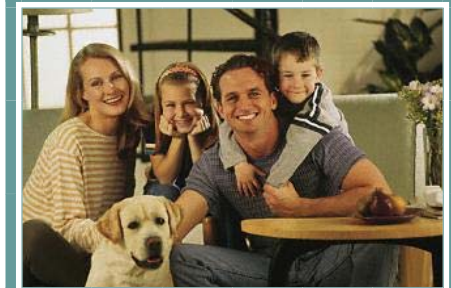
Sound Partners  
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[www.weku.fm/chronic.htm](http://www.weku.fm/chronic.htm)  
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*Sound Partners for Community Health is a program of the Benton Foundation, funded by the Robert Wood Johnson Foundation.*

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FOR YOUR  
HEALTH

## DIABETES FACTS



COMPLIMENTS OF:

PATTIE A. CLAY REGIONAL  
MEDICAL CENTER

WEKU-FM

## WHAT IS DIABETES?

Diabetes is an illness that prevents your body from properly producing insulin or from using it in the intended manner. Insulin is a hormone found in your body that changes food (specifically sugars and starches) into the energy that you use each day.

### THERE ARE TWO CATEGORIES OF DIABETES:

#### ~TYPE 1 & TYPE 2~

**Type 1:** With this type of Diabetes, your body does not produce any insulin at all. To remain healthy and stay alive, people with Type I Diabetes must have daily insulin shots. The American Diabetes Association estimates that Type 1 Diabetes accounts for 5 to 10 percent of Diabetes.

**Type 2:** With Type 2 Diabetes, your body does produce insulin, but it either does not produce enough or does not use it properly. This is the most frequent form of Diabetes. People with Type 2 Diabetes account for 90 to 95 percent of Diabetes cases.

## RISK FACTORS FOR DIABETES

You are at risk for Diabetes if you:

- \* Are overweight
- \* Are over the age of 45
- \* Have an immediate family member who has Diabetes
- \* Had a baby that weighed more than 9 pounds, or you had Gestational Diabetes during pregnancy
- \* Are African American, Hispanic, Native American, Asian, or a Pacific Islander

## SIGNS OF DIABETES

- \* Excessive urination including frequent trips to the bathroom in the middle of the night
- \* Intense thirst or hunger
- \* Severe fatigue

If you have one or more of these risk factors or signs, speak with your health care provider about being tested for Diabetes.

## DIABETES & HEART DISEASE

Did you know that heart disease is one of the most serious problems associated with having Type 2 Diabetes?

Type 2 Diabetes involves a risk factor for heart disease: “insulin resistance.” The body’s inability to properly use its insulin makes it at a greater risk of high blood pressure and blood clotting. Studies have shown that African-Americans and Hispanics are at greater risk for the complications associated with insulin resistance.

## SIMPLE CHANGES

*Everyone can do one thing to improve their health. Here are some simple changes you can make.*

- \* Exercise
- \* Drink more water
- \* Take a walk everyday
- \* See your doctor regularly
- \* Take the stairs instead of the elevator if your health permits
- \* Eat healthy foods like fruits and vegetables and know what foods to avoid like sugary snacks and sweetened soft drinks