

FAST FACTS



Diabetes is a serious condition in which there is too much glucose in the blood.

With Type 1 diabetes, your body doesn't produce insulin correctly.

With Type 2 diabetes, your body doesn't use insulin correctly.

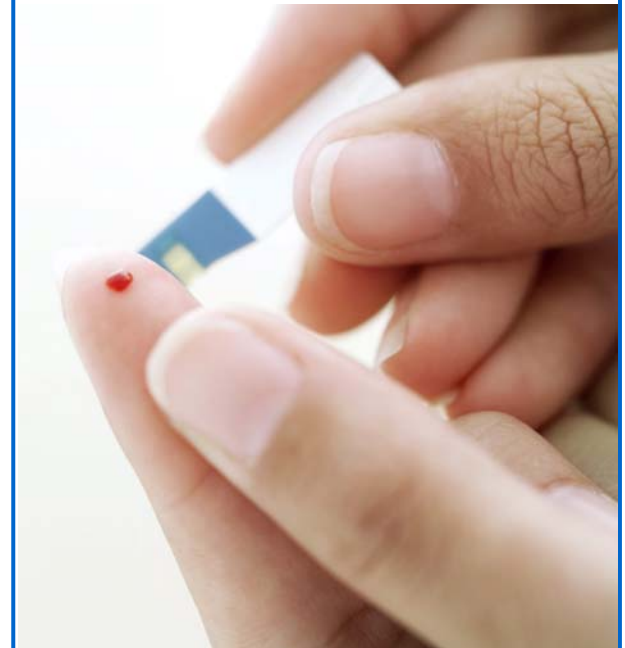
Both types of diabetes require close monitoring and daily self-management!



101 S.E. Third Street
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DISEASE MANAGEMENT LINK *to Better Health*



Diabetic Health

— OVERVIEW —

Providing support to help you better manage your health & well-being.

By



TIPS FOR DIABETIC MANAGEMENT

What is Diabetes?

Each cell in your body requires glucose for energy. Normally, a substance called insulin works to carry glucose into the cells, and glucose cannot get in to the cell without it. Think of it like this: Glucose doesn't have the password to get into cells, and, since insulin knows the password, it must be present for glucose to get in. When a person has diabetes, the body is unable to either produce or use insulin correctly. Without receiving glucose, cell damage occurs, resulting in serious complications. Symptoms of diabetes may include: increased thirst, increased urination, lack of energy, hunger, blurred vision, nausea, vomiting, and rapid weight loss. Both types of diabetes require vigilant treatment and lifestyle change!



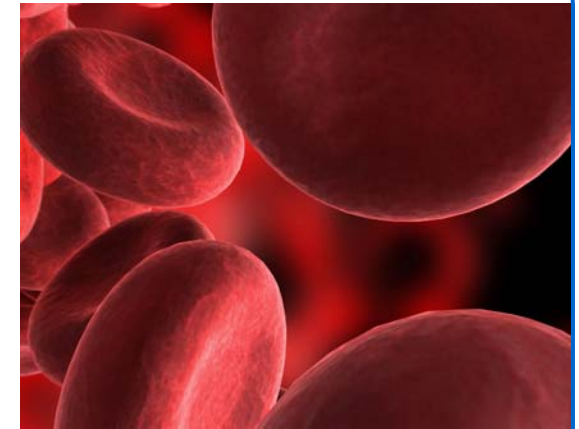
What is Type 1 Diabetes?

Type-1 Diabetes is a condition in which the pancreas is unable to produce the correct amount of insulin. Insulin is unavailable to get glucose into the cells. A person with this condition must take insulin every day. Type-1 diabetes comes on suddenly, and may be caused by genetics, a virus, or some type of autoimmune response. Untreated type-1 diabetes can lead to a condition called diabetic ketoacidosis, which can cause coma or death.



What is Type 2 Diabetes?

With Type-2 diabetes, the pancreas makes insulin, but the body is unable to use it correctly. The cells are insulin-resistant and don't "recognize the password". Treatment includes healthy lifestyle, close monitoring, and, often, oral medication. The onset of type-2 diabetes is gradual; in fact, symptoms may progress so slowly that they go unrecognized. The exact cause of type-2 diabetes is unknown.



Welborn Health Plans Disease Management

For questions about Diabetic management, or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265. Inclusion in mailing is based on claims data and does not assume presence of diagnosis. This publication is not meant to replace the care and advice of your health care provider.

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