

# PARENTS : IF YOUR CHILD IS DIAGNOSED WITH DIABETES

## What is Diabetes?

Diabetes means that blood sugar; also called glucose (GLOO-kos) is too high. If blood sugar stays too high, it can damage parts of the body including the heart, eyes, kidneys and nerves.

Glucose comes from the food we eat and is needed to fuel our bodies. Your blood always has some glucose because your body needs it for energy. An organ called the pancreas (PAN-kree-as) makes insulin. The insulin helps glucose get from your blood into your cells. Cells turn the glucose into energy.

If you have diabetes, the pancreas makes little or no insulin—or your cells cannot use insulin very well. So the blood sugar builds up in your blood. That's when damage happens. If you have Type 2 Diabetes, you may need to take insulin or pills to help your body's supply of insulin work better. Type 2 used to be called "adult onset diabetes". Now some children are beginning to develop Type 2 Diabetes, especially if they are overweight.

## What puts you at risk?

### YOU ARE AT RISK FOR DIABETES IF YOU:

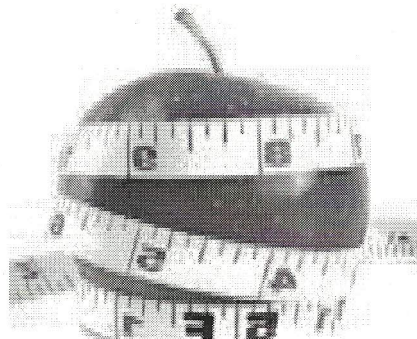
- Are overweight
- Don't get enough physical activity
- Have a mom, dad, or other close relative who has type 2 diabetes
- Are American Indian, African American, Hispanic/Latino, Asian American, Alaska Native or Pacific Islander.

 Extension

## Symptoms for Diabetes

- *Loss of weight without reason*
- *Being very thirsty*
- *The need to urinate more often than usual*
- *Feeling tired*
- *Having patches of thick, dark skin that feel like velvet on your neck or under your arms.*

Diabetes must be diagnosed by your doctor. If you suspect you have problems, make an appointment with your doctor.



### Did you know you can prevent or delay the onset of Type 2 Diabetes?

Change your diet, increase your level of physical activity, maintain a healthy weight ... with these positive steps, you can reduce your risk of diabetes.



Looking for more information on diabetes? Be sure to search only research based reliable websites. Two recommended websites include the American Diabetes Association at <http://www.diabetes.org/> and D Life at <http://www.dlife.com>. Both websites offer information about diabetes, recipes, fitness tips and more.