



Diabetes

For Employees of the
Randolph County
School System

Diabetes

- Early detection and treatment of diabetes can decrease the risk of developing complications of diabetes
- Some symptoms of diabetes are typical
- Some people with type 2 diabetes may have symptoms that go unnoticed

Symptoms

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

Insulin

- A hormone needed to convert sugar, starches and other food into energy

Glucose

- A simple sugar in the blood and is the major source of energy for the body's cells

Insulin and Glucose

- Insulin is necessary for the body to be able to use glucose for energy
- Insulin takes the sugar from the blood to the body's cells
- When eating, the body breaks down all of the sugar and starches into glucose

Type 1

- Usually diagnosed in children and young adults (also known as juvenile diabetes)
- Approximately 1.25 million Americans have type 1 diabetes
- The body does not produce insulin
- Insulin dependent, must inject insulin into their bodies daily

Hyperglycemia

- Too much sugar in the blood
- May be caused by the person not taking enough insulin
- Reacting adversely to a large meal or a meal high in carbohydrates

Hypoglycemia

- Too little sugar in the blood
- Person may have taken too much insulin
- Eaten too little food
- Exerted themselves
- Extreme low blood sugar levels can quickly become life threatening

Type 2

- The most common form of diabetes is type 2
- Either the pancreas does not make enough insulin or the body cannot use it well enough (also known as insulin resistance)
- When insulin is not used or cannot be used as it should, glucose can't get into the body's cells

Type 2

- The body's cells cannot function properly if the glucose builds up in the blood instead of going into the cells
- Being overweight or obese is a risk factor for developing type 2 in adults and children

Type 2; other problems related

- Damage to the body: high glucose levels in the blood can damage the nerves, small blood vessels of the eyes, kidneys and heart
- Dehydration: the build up of sugar can cause an increase in urination
- Diabetic coma: severe illness or dehydration and inability to drink enough to make up for fluid losses

Signals of a diabetic emergency

- Changes in the level of consciousness
- Changes in mood
- Rapid breathing and pulse
- Feeling and looking ill
- Dizziness and headache
- Confusion

If you have a student or work with a staff member that has diabetes make sure you are aware of their emergency plan.

When to call 911

- The person is unconscious or about to lose consciousness
- The person is conscious, but unable to swallow
- They do not feel better within 5 minutes after taking some form of sugar
- Call 911 if you cannot find some form of sugar immediately; **do not** spend time looking for it

What to do until help arrives

- Ask what is wrong
- Give sugar in the form of glucose tablets or paste, fruit juice, milk, non-diet soft drink or table sugar dissolved in water

Treatment and Care

- Self monitoring of blood sugars or glucose
- Medication
 - Insulin (type 1)
 - Oral medication (type 2)
- Healthy eating
- Physical activity / exercise

For more information

- American Diabetes Association:
1-800-diabetes or www.diabetes.org
- National Diabetes Education Program:
www.ndep.nih.gov
- For specific information for type 1:
Juvenile Diabetes Foundation
1-800-533-cure or www.jdrf.org