

DIABETES AWARENESS DAY

NOVEMBER 14TH 2020



The Statistics:

- More than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States (and may be underreported).
- Type 2 diabetes accounts for approximately 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for approximately 5-10%.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.



An Overview of Diabetes

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.