



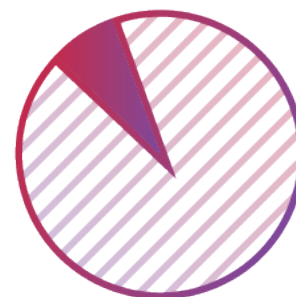
Diabetes

According to the Centers for Disease Control and Prevention (CDC), more than **34 million people** in the United States have diabetes.



There are two main types of diabetes:

-  Type 2 diabetes (90%–95%)
-  Type 1 diabetes (5%–10%)



The most common signs of diabetes include:



Thirst



Frequent urination



Extreme hunger



Unexplained weight loss



The presence of ketones in urine



Fatigue



Slow-healing sores



Frequent infections

Fast Facts About Diabetes

About 187,000 children and adolescents have Type 1 diabetes.

Approximately 88 million U.S. adults have prediabetes.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

Medical costs, and lost work and wages for people with diagnosed diabetes total \$327 billion yearly.

Diabetes is the seventh-leading cause of death in the United States.

What can help manage diabetes?



Monitor your blood sugar.



Undergo insulin therapy.



Eat fruits, vegetables, lean proteins and whole grains.



Monitor your weight and body mass index (BMI).



Do 30 minutes of aerobic exercise a day.