

## What is diabetes?

Diabetes is a disease that happens when you have too much sugar built up in your blood.

Your body is made of cells, and in order for your cells to work—they need energy which comes in the form of sugar. When you eat, your food turns into sugar in your blood but it can't get into the cells without help. Insulin is a hormone that acts like a key to the cell doors, allowing the sugar into the cells.

When you have diabetes, either your cells are rejecting the insulin or you've had to produce so much insulin for so long, the cells that make insulin get worn out, die and stop producing it.

## What's so bad about diabetes?

If sugar builds up in your blood, and is allowed to continue moving throughout your body, it causes problems like:

- Nerve Damage
- Kidney Failure
- Heart Disease
- Blindness
- Foot Amputations

## What are symptoms of diabetes?

Many people that have diabetes have no signs or symptoms of diabetes, or they are very mild. Here's what to look for:

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Unexplained weight loss
- Blurred vision
- Sores that do not heal

## How do you prevent/delay diabetes?

There are things you can do to prevent or at least delay diabetes from happening to you. They are:

1. Eat healthy most of the time—limit pop to 1-2 per week, eat whole grains, limit

unhealthy fats and sugar

2. Be Physically Active at least 30 minutes every day—walk, play, move to get your heart pumping and muscles working
3. Don't use tobacco, if you do—quit!

### CAMP can help!

The NSHC CAMP department is available for your diabetes management and prevention needs. We have a nurse case manager, two dietitians, tobacco treatment specialist and more staff to provide education, counseling, and programs specifically targeting diabetes in our region.

Please feel free to contact us if you have questions, would like to know more about our programs, are at high risk for developing diabetes, would like to quit using tobacco, and/or would like to be screened.

We also act as a resource for those wishing to quit tobacco. We have resource guides available and recommend the following as well:

- In person - tobacco treatment specialist available to meet: 443-4583.
- Internet - [www.smokefree.gov](http://www.smokefree.gov), [www.phillipmorrisUSA.com](http://www.phillipmorrisUSA.com), [www.alaskatca.org](http://www.alaskatca.org), [www.quitnow.com](http://www.quitnow.com), [www.cancer.org](http://www.cancer.org)
- Alaska Quitline - 1-888-842-QUIT (7848) has nurse counselors available 24 hours a day, 7 days a week and is completely confidential.
- CAMP - resource guides, tobacco treatment specialist.
- NSHC Tobacco-Free hotline: 443-3489

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