



# Diabetes

## A PATIENT EDUCATION GUIDE



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# What Type Are You?

There are two main types of diabetes:

- **Type 1 diabetes** is an autoimmune disease. If you have type 1 diabetes, your body isn't able to produce insulin, which means you must take insulin daily to live. Insulin is the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. About 5 to 10 percent of all diagnosed cases of diabetes are type 1.
- **Type 2 diabetes** is the most common form of diabetes. It accounts for 90 to 95 percent of all diagnosed cases. With type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. This form of diabetes is most often associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity, and certain ethnicities. About 80 percent of people with type 2 diabetes are overweight.

If you have Type 2 diabetes, you may feel fine, or you may have some of these signs and symptoms:

- You urinate often.
- You're always thirsty.
- You're always hungry.
- You're irritable.
- You often feel tired.
- Your vision is blurry.
- You have problems thinking clearly.
- You feel clumsy.
- You've recently lost weight without trying.
- Your feet or hands tingle or feel numb.
- Cuts and sores heal slowly and tend to get infected.

