



## November is National Diabetes Month

Help bring attention to this disease

*November 2, 2020*

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Diabetes is a long-lasting health condition. It affects how your body turns food into energy and how it's broken down. If food is broken down into sugar, then your body triggers your pancreas to release insulin, which helps your cells use the sugar as energy. A person with diabetes doesn't make enough insulin or can't use the insulin properly. Over time, this can cause serious health issues, such as kidney disease and heart disease.

Diabetes is the 7<sup>th</sup> leading cause of death in the United States. According to the CDC, a new 2020 report shows that just over 1 in 10 Americans have some stage of diabetes. More than 1/3 of US adults have prediabetes, and 90% don't know they have it.

Dr. Frederick Banting and Dr. Charles Best co-discovered insulin back in 1921. World Diabetes Day (WDD) was established in 1991, by the International Diabetes Foundation. The date of November 14<sup>th</sup> was chosen in their honor.

## Symptoms

If you have any of the following symptoms, you should see your doctor and ask to have your blood sugar tested.

- Unexpected loss of weight
- Frequent urination (usually at night)
- Blurry or loss of vision
- Thirsty
- Tingling or numbness in hands or feet
- Chronic fatigue

## Living with Diabetes

Learn how you can take the best care of yourself with help services [from Diabetes Self-Management Education and Support \(DSMES\)](#). Services may help you learn how to:

- Eat healthy
- Be active
- Check your blood sugar
- Take needed medicine
- Get emotional support
- Reduce the risk of other health issues

## Physician Offices

Suppliers needed for well-check visits may include:

- Hand Hygiene by [GOJO Industries](#)
- Hard Surface Disinfectants by [PDI](#)
- Paper Protection by [Graham Medical](#)
- Safety Syringes by [Terumo Medical Corporation](#)
- Sanitary Paper Products by [Tork](#)
- Lancets & Pen Needles by [HTL-Strefa](#)

[Healthline: Diabetes Awareness](#)

[CDC: Diabetes](#)

[Diabetes.org](#)