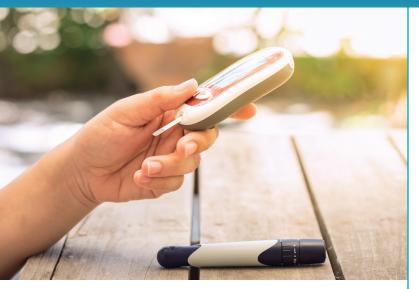
# **CONTROLLING DIABETES**



# DIABETES

Diabetes is a chronic disease that appears when the body has difficulties producing and using insulin. Insulin is a hormone produced by the pancreas, which turns food sugar (glucose) into the energy we need to live and carry out our daily activities.

# **TYPES OF DIABETES**

### **Diabetes Type 1**

It occurs when the pancreas produces little or no insulin. Generally, people afflicted with this kind of diabetes require insulin to survive. It usually occurs in people under 30 years old.

# **Diabetes Type 2**

This is the most common type of diabetes. The pancreas produces insulin, but it is not enough to satisfy your body's needs. It may be controlled through diet, exercise, oral medications, or insulin. It usually occurs in people over 40 years old.

# **Gestational Diabetes**

This is the type of diabetes that develops during pregnancy. In most cases, it resolves itself after delivery. The doctor should examine the glucose levels during the first and third trimesters.

# SYMPTOMS OF DIABETES

C For more information, please call the Preventive Management Department at 787-277-6571.

- Frequent urination
- Dry and itchy skin • Blurry vision

• Sudden weight loss

- Numbness or tingling sensation in hands and feet
- Infections
  - Sexual problems
- Loss of sensibility in hands and feet
- Frequent thirst

• Fatigue

Loss of appetite

You must plan your meals. Foods must be low in sugar and fat. When planning your meals, you must choose healthy foods, consume adequate serving sizes, and eat at the right time. It is also important to be seen by a nutritionist.

# **ASK YOUR DOCTOR TO:**

- Check your feet on every visit
- Refer you to an annual vision exam
- Run a glycated hemoglobin test
  - **TRIPLE-S** SALUD BlueCross BlueShield of Puerto Ric



Triple-S Salud cumple con las leyes federales aplicables de derechos civiles y no discrimina por razón de raza, color, origen de nacionalidad, edad, discapacidad o sexo. Triple-S Salud complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. FEH\_4005\_17\_02\_E ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 787-774-6081, libre de costo 1-800-716-6081; (TTY / TDD) 787-792-1370; libre de costo 1-866-215-1999. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 787-774-6081, Toll Free 1-800-716-6081; (TTY / TDD) 787-792-1370; Toll-Free 1-866-215-1999. FEH\_4005\_17\_04 Independent Licensee of BlueCross BlueShield Association. TSS-EDS-1264-2019-B

# **HOW TO CONTROL IT**

There is no cure for diabetes Type 1 and 2; it can only be controlled. Diabetic patients must learn about their condition and what to do to keep it under control and avoid complications.

Treatment consists of education, diet, exercise, medication, and monitoring blood sugar levels on a daily basis.

# Education

This is the most important way to learn about this condition and how to take care of yourself to feel better. Good care reduces the risk of complications.

# Exercise

Choose a physical activity you enjoy, such as walking, dancing or running, and do it at least three times a week, for 15 to 20 minutes. Before starting any physical activity, remember to consult it with your doctor.

# **Medications**

Taking your medications as prescribed will help you stay in control and avoid difficulties, such as problems with your eyesight, your kidneys, or your legs. Medication prescriptions are different for every individual, so you should never take someone else's medication, even if you both suffer from the same condition.

Diet