Symptoms of Diabetes

- Are you always thirsty?
- Have you lost weight without trying?
- Is your skin very dry and itchy?
- Do you have to go to the bathroom very often?
- Do you feel tired and sleepy?
- Do your feet tingle or feel numb?
- Do you always feel hungry?
- Does anybody in your family have diabetes?
- Are your eyes blurry, or do you have trouble seeing?

If you answered YES to many of these questions, you might have diabetes. Tell your parent or another adult about your symptoms. A doctor may need to check you to find out if you have diabetes.
Two Main Types of Diabetes

**Type 1**
- Used to be called “juvenile diabetes” and insulin-dependent diabetes
- Pancreas can’t make insulin
- Makes up 5 percent to 10 percent of all diabetes cases
- Can’t be prevented
- Is not contagious
- Treatment – insulin by injection or pump

**Type 2**
- Used to be called “adult onset diabetes” and non-insulin-dependent diabetes
- Is increasing in children and teens
- Pancreas can’t make enough insulin or the body can’t use insulin properly
- Makes up 90 percent to 95 percent of all diabetes cases
- May possibly be prevented or delayed with a healthy lifestyle
- Treatment – healthy lifestyle; may need pills and/or insulin

### Percentage of all diabetes cases
- **Type 1 Diabetes** 5%-10%
- **Type 2 Diabetes** 90%-95%

### Tips to Prevent Type 2 Diabetes
- Eat nutritious foods.
- Get plenty of exercise.
- Be a healthy weight.
  (Don’t go on strict diets!)

**Author:**
Beth Reames, PhD, LDN, RD, Specialist (Nutrition)

**Visit our Web site:** www.lsuagcenter.com

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA’s Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com