

Smart youth Choices



A Community Nutrition Education Program of the LSU AgCenter for Grades 5 - 8

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?



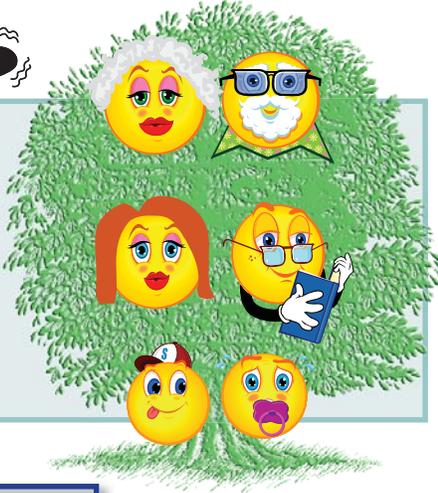
Do you always feel hungry?



Are your eyes blurry, or do you have trouble seeing?



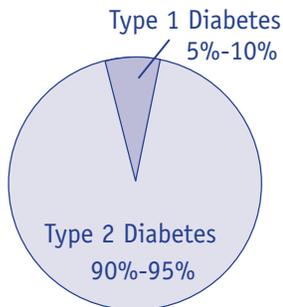
Does anybody in your family have diabetes?



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

Percentage of all diabetes cases



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

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- Used to be called “adult onset diabetes” and non-insulindependent 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

Tips to Prevent Type 2 Diabetes

- Eat nutritious foods.
- Get plenty of exercise.
- Be a healthy weight.
(Don’t go on strict diets!)



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