



CHATTING ABOUT HEALTH

DIABETES

Diabetes is a long-term health condition that affects how your body uses food for energy.



Insulin is the key that lets sugar move from your blood into your cells where it can be used for energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. Sugar gets trapped in the blood where it can cause serious health issues like heart disease, vision loss and kidney disease.

Types of Diabetes

Type 1 Diabetes

- The body stops making insulin.
- Usually diagnosed in children and young adults but can be diagnosed at any age.
- Symptoms usually develop quickly.
- Management requires daily insulin.

Gestational Diabetes

- Develops in pregnant women who did not have diabetes before becoming pregnant.
- Increased risk of health problems for baby.
- Increased risk of future type 2 diabetes in mom.

Prediabetes

- Blood sugar levels are higher than normal but not as high as in type 2 diabetes.
- Increased risk for type 2 diabetes, heart disease and stroke.
- Can be prevented with lifestyle changes.

Type 2 Diabetes

- The body makes insulin but doesn't use it well.
- Usually diagnosed in adults.
- You may not notice symptoms.
- Get your blood sugar tested if at risk.

You are at risk for prediabetes and type 2 diabetes if you:

- Have overweight or obesity
- Are 45 or older
- Have a parent or sibling with type 2 diabetes
- Are physically active less than 3 x per week
- Have non-alcoholic fatty liver disease
- Ever had gestational diabetes
- Ever gave birth to a baby who weighed over 9 pounds.



At this time
no one knows
how to prevent
type 1 diabetes



You can reverse prediabetes and delay type 2 diabetes

with lifestyle changes—like losing a small amount of weight, making healthy eating choices, and getting more physically active.



Learn more

<https://www.cdc.gov/diabetes/index.html>



Chatham Health In Action

Chatham Health District received a 5-year grant from the Connecticut Department of Public Health to support prevention and management of chronic disease. We are using some of these funds to deliver several Chronic Disease Self Management (CDSMP) and Diabetes Self Management (DSMP) workshops throughout the District each year.



These 6-week long Live Well workshops help individuals and caregivers gain knowledge and skills to help them and their loved ones live well with ongoing health conditions.

Participation in the workshops is free but registration is required. Details about upcoming programs will be posted on our website and on Facebook.

Learn more



<https://chathamhealth.org/community-health#cdsmp>

Are You Winter Ready?

Anyone can be affected by winter storms and extreme cold.

Here are some things you can do to be Winter Ready.

Heating Fires

- Keep anything that can burn at least 3 ft from all heating sources like fireplaces, wood stoves, radiators, space heaters and candles.
- Always plug space heaters directly into an outlet and make sure cords are not damaged or frayed.
- Never use an oven to heat your home.



Power Outages

- Keep refrigerator and freezer doors closed.
- Only use generators outdoors and away from windows.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternate plans for refrigerating medicines and running medical devices.



Winter Travel

- Consider postponing non-essential travel until conditions improve.
- Keep your gas tank as full as you can.
- Make sure tires have enough tread.
- Increase following distances on snowy and icy roads.
- Have an emergency supply kit in your car.



Learn more:

<https://www.ready.gov/winter-ready>



WWW.CHATHAMHEALTH.ORG

