Sound Partners for Community Health is a joint project of:

WEKU broadcasts classical music and news to more than 40,000 listeners in central and southeastern Kentucky on WEKU 88.9FM in Richmond and WEKH 90.9FM in Hazard.

Pattie A. Clay Regional Medical Center

Pattie A. Clay Regional Medical Center is a charitable institution serving a culturally diverse population that strives to provide a safe and appropriate continuum of care for its patients.

For more information on Diabetes or other chronic health issues contact:

Sound Partners
P.O. Box 1165
Richmond, KY 40476-1165
Phone: 859-625-3602
800-621-8890 Ext. 3
Fax: 859-625-3622

www.weku.fm/chronic.htm
soundpartners@pattieaclay.org

WEBSITES TO EXPLORE

◊ American Diabetes Association
  http://www.diabetes.org

◊ Take Diabetes to Heart
  http://www.takediabetestoheart.com/take.htm

◊ Juvenile Diabetes Foundation
  http://www.jdf.org

◊ National Institute of Diabetes and Digestive and Kidney Diseases
  http://www.niddk.nih.gov

DIABETES FACTS

Compliments of:
Pattie A. Clay Regional Medical Center
WEKU-FM
Diabetes is an illness that prevents your body from properly producing insulin or from using it in the intended manner. Insulin is a hormone found in your body that changes food (specifically sugars and starches) into the energy that you use each day.

**THERE ARE TWO CATEGORIES OF DIABETES:**

~TYPE 1 & TYPE 2~

**Type 1:** With this type of Diabetes, your body does not produce any insulin at all. To remain healthy and stay alive, people with Type I Diabetes must have daily insulin shots. The American Diabetes Association estimates that Type 1 Diabetes accounts for 5 to 10 percent of Diabetes.

**Type 2:** With Type 2 Diabetes, your body does produce insulin, but it either does not produce enough or does not use it properly. This is the most frequent form of Diabetes. People with Type 2 Diabetes account for 90 to 95 percent of Diabetes cases.

**SIGNS OF DIABETES**

* Excessive urination including frequent trips to the bathroom in the middle of the night
* Intense thirst or hunger
* Severe fatigue

If you have one or more of these risk factors or signs, speak with your health care provider about being tested for Diabetes.

**RISK FACTORS FOR DIABETES**

You are at risk for Diabetes if you:

* Are overweight
* Are over the age of 45
* Have an immediate family member who has Diabetes
* Had a baby that weighed more than 9 pounds, or you had Gestational Diabetes during pregnancy
* Are African American, Hispanic, Native American, Asian, or a Pacific Islander

**DIABETES & HEART DISEASE**

Did you know that heart disease is one of the most serious problems associated with having Type 2 Diabetes?

Type 2 Diabetes involves a risk factor for heart disease: “insulin resistance.” The body’s inability to properly use its insulin makes it at a greater risk of high blood pressure and blood clotting. Studies have shown that African-Americans and Hispanics are at greater risk for the complications associated with insulin resistance.

**SIMPLE CHANGES**

* Exercise
* Drink more water
* Take a walk everyday
* See your doctor regularly
* Take the stairs instead of the elevator if your health permits
* Eat healthy foods like fruits and vegetables and know what foods to avoid like sugary snacks and sweetened soft drinks

Everyone can do one thing to improve their health. Here are some simple changes you can make.