

◆ **The Link – Adult Heart Disease and Diabetes Newsletter**

◆ Published 6 times a year, this newsletter will keep you up to date on continuing your healthy lifestyle.

◆ Each issue of the Link features a heart healthy, diabetic friendly recipe.



◆ **U.P. Kids With Diabetes Family Network**

◆ This group meets monthly during the school season at various locations in Marquette County.

◆ Each month features a different topic and activity.

◆ This group is for children and teens with diabetes and their families.



◆ Call 225-3473 for more information.

*For more information or
for an educator near you, contact*

DIABETES EDUCATION

**MARQUETTE GENERAL HEALTH SYSTEM
(906) 225-3473**

OR

1-800-562-9753, EXT. 3473

www.mgh.org



*The American Diabetes Association
Recognizes this education service as
meeting the National Standards for
Diabetes Self-Management Education.

**Additional health information is available
through the MGH Health Information Center
(906) 225-4950
or 1-800-562-9753, ext. 4950**

© 3/91 Marquette General Hospital, Inc.
REVISED – MARCH – 2008

HEALTH INFORMATION

Diabetes

M MARQUETTE
G GENERAL
HEALTH SYSTEM



◆ **What is Diabetes?**

◆ Diabetes is a serious disease in which the body has trouble making or using insulin.

◆ There are different types of diabetes:

- Type 1
- Type 2
- Gestational

◆ In this pamphlet you can learn more about:

- Warning signs
- The different types of diabetes
- Diabetes programs at Marquette General Health System



◆ **Warning Signs of Diabetes**

◆ Diabetes may have no symptoms, but contact your doctor if you are experiencing the following:

- Are often very thirsty.
- Have trouble seeing at times.
- Use the bathroom often.
- Are often tired or drowsy.

◆ This pamphlet has been created by health care professionals at Marquette General Health System.

◆ **Type 1 Diabetes**

◆ Type 1 Diabetes is generally diagnosed in children before age 18.

◆ It is a disease in which the body does not make insulin, a hormone necessary for turning food into energy.

◆ Treatment includes insulin, meal planning, and exercise.

◆ **Type 2 Diabetes**

◆ Type 2 Diabetes is found mostly in adults, although more children are being diagnosed with type 2 diabetes.

◆ It is a disease in which the body is unable to correctly use the insulin it makes. The most common risk factor for type 2 diabetes is being overweight.

◆ Type 2 Diabetes is a slow, progressive disease and damage can be done to the body before symptoms are even noticed.

◆ Treatment always includes meal planning and exercise, but may also include medication and/or insulin.

◆ **Gestational Diabetes**

◆ Gestational Diabetes is a type of diabetes usually diagnosed in the last 3 months of pregnancy.

◆ It is a condition in which the body cannot make the extra insulin needed during pregnancy.

◆ Treatment includes diet and exercise (as able) and may also include insulin.

◆ **Education**

◆ Diabetes is a lifelong condition that requires difficult lifestyle changes.

◆ Getting good control of your blood sugar is important to reduce your risk of complications from this disease.

◆ Most health insurances cover diabetes education.

◆ Marquette General Health System Diabetes Education offers the following classes and programs for those with diabetes and their families:

- Individual Health Assessment
- Choose to Live – Group Class
- Nutrition Education
- New to Insulin Education
- Insulin Pattern Management
- Gestational Diabetes Management
- Pediatric Diabetes Education
- Insulin Pump Training
- Continuous Glucose Monitoring Service and Analysis

