



Diabetes Awareness

November is National Diabetes Awareness Month, a time when communities and health professionals across the country team up to raise awareness about diabetes. Diabetes can lead to damage in the eyes, kidneys, nerves, and heart, and is also linked to certain types of cancer.

Understanding Diabetes

Diabetes refers to a disruption in how the body utilizes insulin, resulting in elevated blood glucose levels. When carbohydrates are consumed, they are broken down into glucose, which is typically used as an energy source for cells or stored for later use. There are two types of diabetes that impact this process differently.

Type 1 diabetes (<10% of cases) is a chronic condition wherein the pancreas produces little to no insulin. In such cases, the administration of insulin is necessary to enable the body to use glucose for energy and maintain normal blood glucose levels.

Type 2 diabetes (>90% of cases) is a chronic condition characterized by the gradual development of insulin resistance in the body, possibly accompanied by insufficient insulin production. This is managed through lifestyle adjustments to reduce insulin resistance, as well as the use of medications.

Prediabetes refers to a state of insulin resistance that has not yet progressed to type 2 diabetes. It is essential to be aware of whether you have any of these conditions to prevent potential complications in the future.

Acknowledging The Signs & Symptoms

Symptoms of high blood sugar:

- Frequent urination
- Persistent thirst, regardless of fluid intake
- Excessive hunger, even with regular meals
- Severe fatigue
- Blurred vision
- Delayed healing of cuts or bruises
- Unintentional weight loss (specific to type 1 diabetes)

Individuals with early diabetes, often referred to as "prediabetes," may not exhibit any symptoms. It's crucial to understand that 1 in 3 people in the U.S. has prediabetes, and many remain unaware of their condition.

Since elevated blood sugar levels can sometimes go unnoticed, many cases of diabetes or prediabetes remain undiagnosed. It is important to consult your doctor and undergo screening for diabetes and prediabetes.

SAVE A LIFE

KNOW THE SIGNS

TYPE 1 DIABETES IS COMMONLY
MISTAKEN FOR
GROWTH SPURTS

COLD OR FLU

URNIARY TRACT INFECTIONS

WARNING SIGNS OF

TYPE 1
DIABETES

HEADACHES

WEIGHT LOSS

BLURRY VISION

EXTREME THIRST

FREQUENT URINATION

INCREASED APPETITE

FRUITY BREATH ODOR

FATIGUE AND WEEKNESS

RAPID DEEP BREATHING

IF YOU RECOGNIZE THESE SYMPTOMS,

DON'T WAIT

ASK YOUR PHYSICIAN ABOUT

TYPE 1 DIABETES

TODAY

Your health is a journey, and small, consistent efforts can make a difference. Prioritize your well-being!



Schedule an *in-office* OR *virtual* visit with your local clinic!

COLUSA
412 4th St.
Colusa, CA 95932
(707) 732-8679

[Schedule Appointment](#)

CHICO
1074 East Ave. Suite Q
Chico, CA 95926
(707) 732-8679

[Schedule Appointment](#)

SALINAS
333 Abbott St. Suite A
Salinas, CA 93901
(831) 206-1201

[Schedule Appointment](#)

SANTA MARIA
2605 S. Miller St. #100
Santa Maria, CA 93455
(805) 888-7019

[Schedule Appointment](#)

For Virtual Visits:



[Schedule Virtual Appointment](#)

VISALIA
315 S. Johnson St.
Visalia, CA 93291
(559)713-0422

[Schedule Appointment](#)



Elite Corporate Medical Services, Inc.

319 N. Church St. Visalia, CA 93291
Phone: (559)931-3755

www.elitecorpmed.com

Other services available to you for FREE!



WEIGHT & HEALTH CLINIC
Powered by: Elite Medical

[Visit Our Website](#)

Wellness Coaching and Chronic Condition Management

In person, phone, or video call appointments available.

Give us a call for more information on the services we offer.

559-5 HEALTH (559-543-2584)

The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this message.

