

# Campus Wellness Solutions: Diabetes

## What is Diabetes?

- Above normal blood glucose levels
- Pancreas does not make enough insulin
- Glucose cannot get into your cells causing sugar to build up in your blood

## Symptoms?

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Fatigue
- Slow healing

## Types of Diabetes

- Type I (~5%) – Environmental triggers that stimulate the immune system to attack the beta cells of the pancreas; insulin dependent
- Type II (90-95% of all cases) – Non-insulin dependent
- Gestational (2-10%) – Occurs during pregnancy

## Risk Factors

- Older age
- Obesity
- Family History – African American, American Indian, Pacific Islander, Hispanic/Latino
- Lack of exercise
- Autoimmune disease

## Treatment

- Insulin injections
- Oral medications
- Eat a healthy diet and exercise
- Maintain a healthy weight



world diabetes day

14 November

To speak to a registered nurse 24 hours, seven days a week, at no cost to you:

Employees: UHC Nurse Advocates: Call 866-336-9371

Students: UHC NurseLine: Call 800-767-0700