



Ticket to Healthy Living

DIABETES



Texas
Children's
Health Plan is
your family's
ticket to
health care.



Texas Children's
Health Plan

The best decision a family can make.

1-800-990-8247

What is diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin converts sugar, starch and other food into energy needed for daily life. Too much or too little glucose (sugar) in your blood is not good for your health.

Signs you might see if your blood sugar level is too high

- Your vision may get blurry.
- You may feel thirsty and have to go to the restroom a lot.
- You may feel extra tired.

Signs you might see if your blood sugar level is too low

- You may feel shaky or sweaty.
- You may have a headache.
- You may feel weak.
- You may get confused or grumpy.

What are the different types of diabetes?

Type 1 diabetes: The body does not make enough insulin. You will need to get insulin from a shot or pump. Type 1 diabetes also is called "insulin dependent" or "juvenile diabetes."

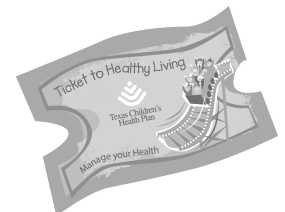
Type 2 diabetes: The body cannot use the insulin being made very well. Type 2 diabetes used to be called "adult onset diabetes." Now, more kids are getting Type 2 diabetes. Type 2 diabetes is the most common type.

How can you get diabetes?

- Some different racial and ethnic groups have a greater chance of getting diabetes.
- Having a family member with diabetes increases your risk.
- Not being active increases your chances.
- Being overweight increases the risk of getting type 2 diabetes.

How do you manage diabetes?

- Keep your blood sugar level as close to normal as possible. Check it every day.
- Eat healthy foods.
- Exercise every day.
- Stay at a healthy weight.
- Take your medicine.
- See your doctor and dentist for regular checkups.
- Make a plan with your doctor about what to do when your blood sugar level is too high or too low.





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Why do you need to take care of your diabetes?

- Your blood vessels can get damaged and cause heart attacks.
- Damage to organs in your body can cause:
 - Blindness.
 - Kidney failure.
 - Loss of legs or feet.
 - Gum problems or loss of teeth.

Where can I go to get more information about diabetes?

American Diabetes Association
1-800-DIABETES (1-800-342-2383)
www.diabetes.org/wizdom

Juvenile Diabetes Research Foundation International
1-800-223-1138
www.jdrf.org

National Diabetes Education Program
1-800-438-5383
www.ndep.nih.gov

National Diabetes Information Clearinghouse
1-800-860-8747
www.niddk.nih.gov

To find a diabetes educator near you

American Association of Diabetes Educators
1-800-338-DMED (1-800-338-3633)
www.diabeteseducator.org

To find a dietician near you

American Dietetic Association
1-800-366-1655
www.eatright.org

Information developed by the Disease Management Department of
Texas Children's Health Plan



www.texaschildrenshospital.org/healthplan