



Weill Cornell Medicine



What Do You Know About Diabetes?

**November is American Diabetes Month.
Learn how the disease affects people and
what to do if you're diagnosed.**

Know the Stats

37 million

About 37 million Americans have diabetes. **One in five** don't know they have it.

96 million

About 96 million American adults have prediabetes. **Eight in ten** don't know they have it.

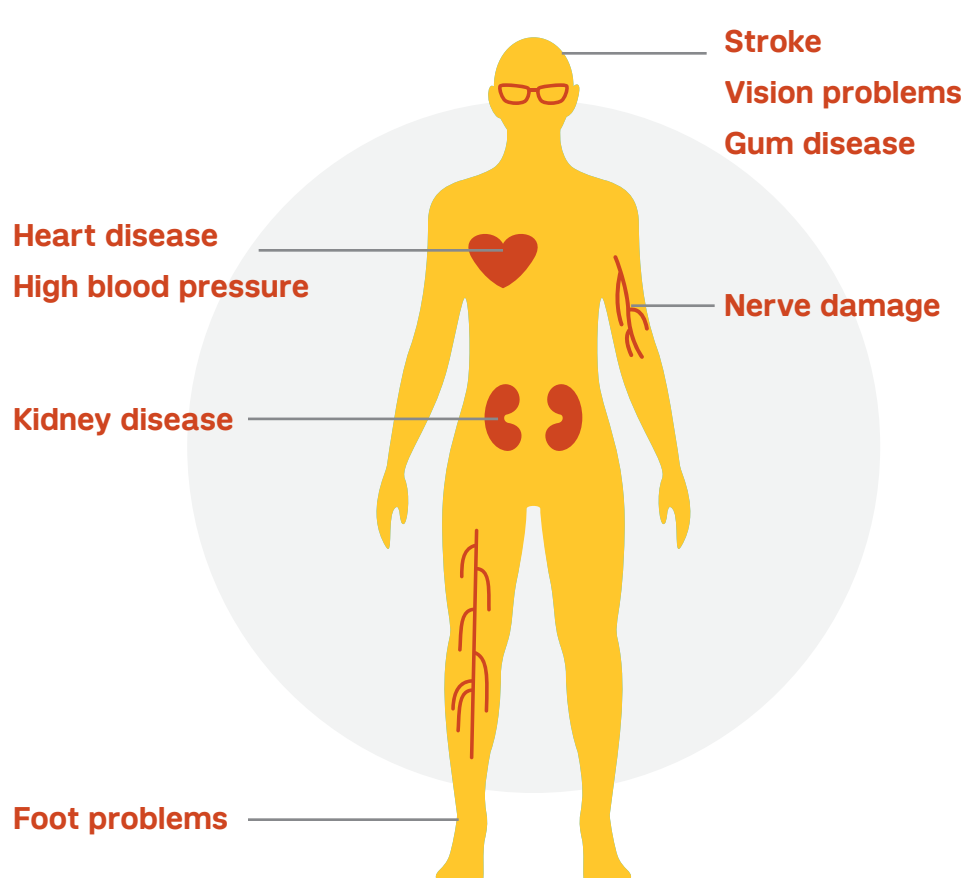
10 percent

About 10% of pregnant women **develop** gestational diabetes.

Know the Impacts

Diabetes can lead to:

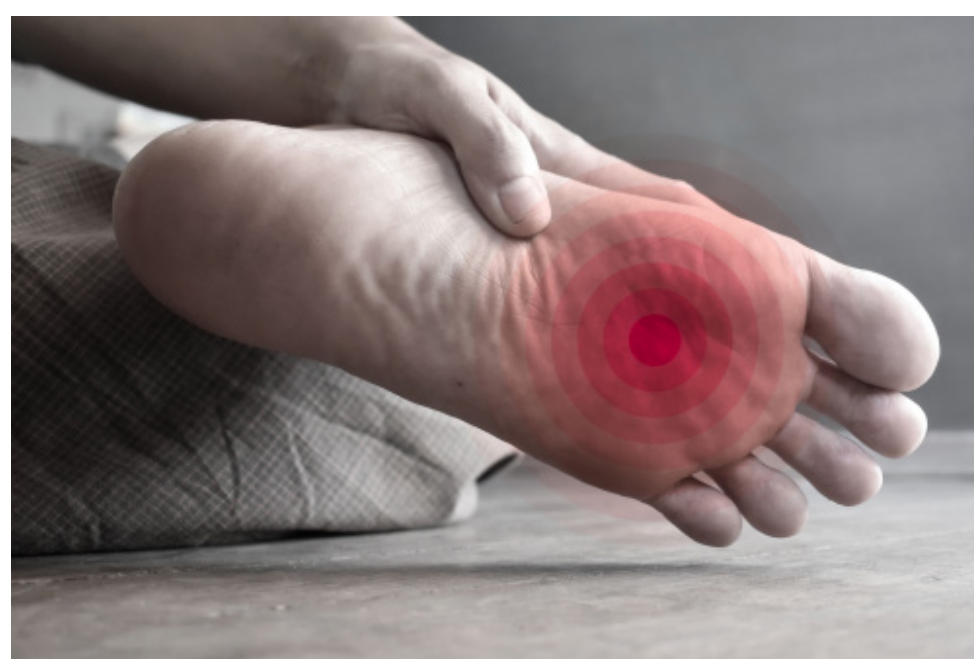
- Heart disease
- Stroke
- High blood pressure
- Kidney disease
- Gum disease
- Vision problems
- Nerve damage
- Foot problems



Know the Signs

Diabetes symptoms include:

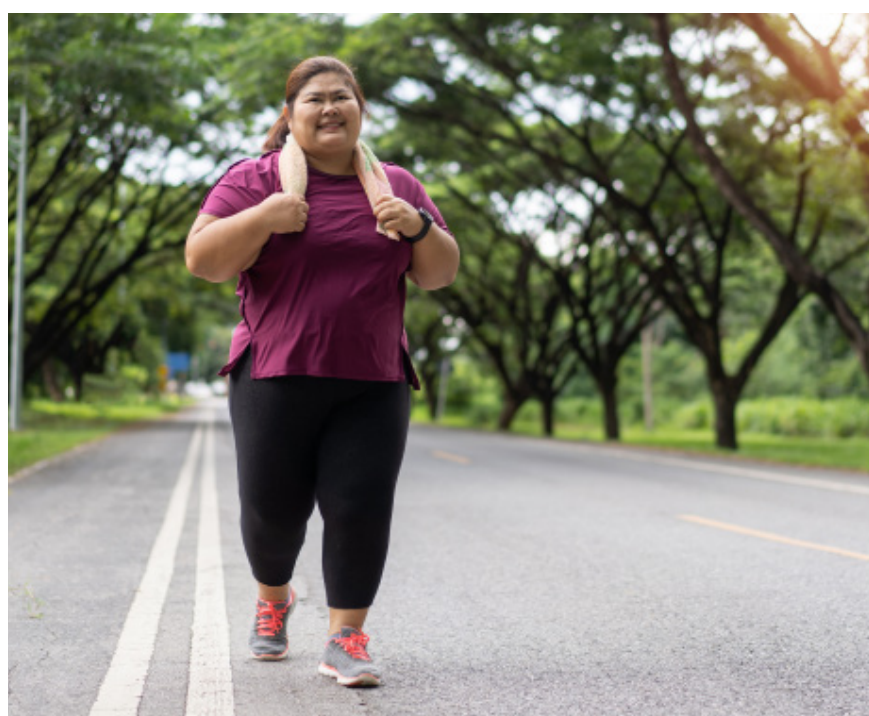
- Frequent urination
- Feeling very thirsty and/or hungry
- Blurry vision
- Numbness or tingling in hands or feet
- Fatigue
- Very dry skin
- Losing weight without trying
- Frequent infections
- Sores that are slow to heal



Know the Risk Factors

You might be at risk for Type 2 diabetes if you:

- Are overweight
- Have prediabetes
- Have an immediate family member with Type 2 diabetes
- Are 45 or older
- Are not often physically active
- Have had gestational diabetes



Know What to Do

To help prevent diabetes, losing weight and maintaining an active lifestyle is a great start. Making small diet adjustments and easing yourself into an exercise routine can help prevent burnout and ensure you maximize your potential for prevention.

If you have symptoms, get your blood sugar tested.

If you are diagnosed with diabetes:

- Eat a healthy, balanced diet.
- Develop an exercise routine.
- Take medicine according to instructions.

**Have questions or concerns about diabetes?
Ask an expert at Weill Cornell Medicine.
Find a provider at weillcornell.org/doctors**



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