

COULD YOU HAVE DIABETES?

(A QUIZ)

More than 400,000 Texans have type 2 diabetes and don't know it. Take this easy test and find out if you could be at risk.*

Risk for type 2 diabetes

- African American, Hispanic, Native American, Asian American or Pacific Islander
- Sister, brother, parent, grandparent, aunt, or uncle with diabetes
- High or low blood sugar
- Overweight (20% or more over ideal weight)
- Fairly inactive or exercise less than 3 times per week
- Age 45 or older
- Previous diabetes during pregnancy or had a baby weighing more than 9 pounds at birth
- Blood pressure is 140/90 or higher
- Abnormal cholesterol levels

* Diabetes means having too much sugar in your blood. High blood sugar can damage the heart, arteries, eyes, nerves, and kidneys and lead to serious health problems.

A QUIZ

(CONTINUED)

Symptoms of diabetes

- Blurred vision
- Fatigue, lack of energy
- Extreme thirst, hunger
- Frequent trips to the bathroom (urination)
- Unexplained weight gain or loss
- Slow-healing sore or cut
- Numbness, pain, or tingling in hands or feet
- Frequent infections
- Depression

The more boxes you checked, the more likely you are to have diabetes. Show this pamphlet to your doctor and tell him or her why you think you might have diabetes. Early detection and proper treatment of diabetes can lead to a longer and healthier life.

High risk

Members of some ethnic groups have a higher risk of diabetes. If you are African American, Hispanic, Native American, Asian American, or Pacific Islander, you're in a high-risk group.

HOW DID YOU DO?

How to find out if you have diabetes

New guidelines recommend that everyone age 45 and older *consider* being tested for diabetes every three years. People at high risk should be tested at 18 years of age and then every year.

You'll need two different fasting blood sugar (FBS) tests on two different days. If both FBS test results are 126 mg/dL or greater, you have diabetes. An A1c test result greater than or equal to 6.5 percent also means that you have diabetes.

Prediabetes

Before people develop type 2 diabetes, they usually have “prediabetes” – that means their blood sugar levels are higher than normal, but not yet high enough to be called diabetes. People with prediabetes are more likely to develop diabetes within 10 years and they are more likely to have a heart attack or stroke. The good news is that persons with prediabetes can delay or prevent diabetes by losing weight and being physically active for 30 minutes 5 days a week.

Diabetes is a serious disease

Diabetes can lead to blindness, heart attack, stroke, kidney failure, amputations, and death. You can prevent or delay complications from diabetes by eating healthy meals, being physically active, controlling your weight, monitoring your blood sugar, and taking the medicine your doctor prescribes.

For more information about diabetes, contact:

Texas Diabetes Council MC1965
Texas Department of State Health Services
PO Box 149347, Austin, Texas 78714-9347
1-888-963-7111
www.texasdiabetescouncil.org

Insurance coverage of diabetes

Texas and federal laws require some health benefit plans to provide coverage for diabetes equipment, supplies, and education about how to control diabetes. For more information about what your health insurance covers, contact your health insurance provider. The Texas Department of Insurance Consumer Help Line is available to answer questions about coverage at 1-800-252-3439.

Free publications from the Texas Diabetes Council

Living with Diabetes (a guide)

Taking Charge of Your Health:

Controlling Diabetes One Day At a Time

Food for Life: Living Well with Diabetes

Diabetes Health Record/Card

Getting the Facts About Diabetic Eye Disease

Give Your Child a Healthy Headstart

Gestational Diabetes



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