

Minnesota Lions Diabetes Foundation, Inc.



*“Catch the Dream”
Life Without Diabetes!*

The Minnesota Lions Diabetes Foundation, Inc. is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities.



To Learn More or Donate
Please Visit our Website at

www.mnlionsdiabetes.org

What is Diabetes?

Diabetes means that your blood sugar is too high. Your blood always has some sugar in it because the body needs sugar for energy to keep you going. Too much sugar in the blood is not good for your health.

Warning Signs

The following symptoms are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Type 1

(symptoms usually occur suddenly)

- Frequent urination
- Excessive thirst
- Extreme hunger
- Dramatic weight loss
- Irritability
- Weakness and fatigue
- Nausea and vomiting

Type 2

(symptoms usually occur gradually)

- Any of the type 1 symptoms
- Recurring or hard to heal skin, gum or bladder infections
- Drowsiness
- Blurred vision
- Tingling or numbness in hands or feet
- Itching

What Can You Do?

You can do things now to lower your risk for diabetes by:

- Keeping your weight in control
- Staying active most days
- Eating low fat meals that are high in fruits, vegetables, and whole grain foods

