

## Health Literacy Now

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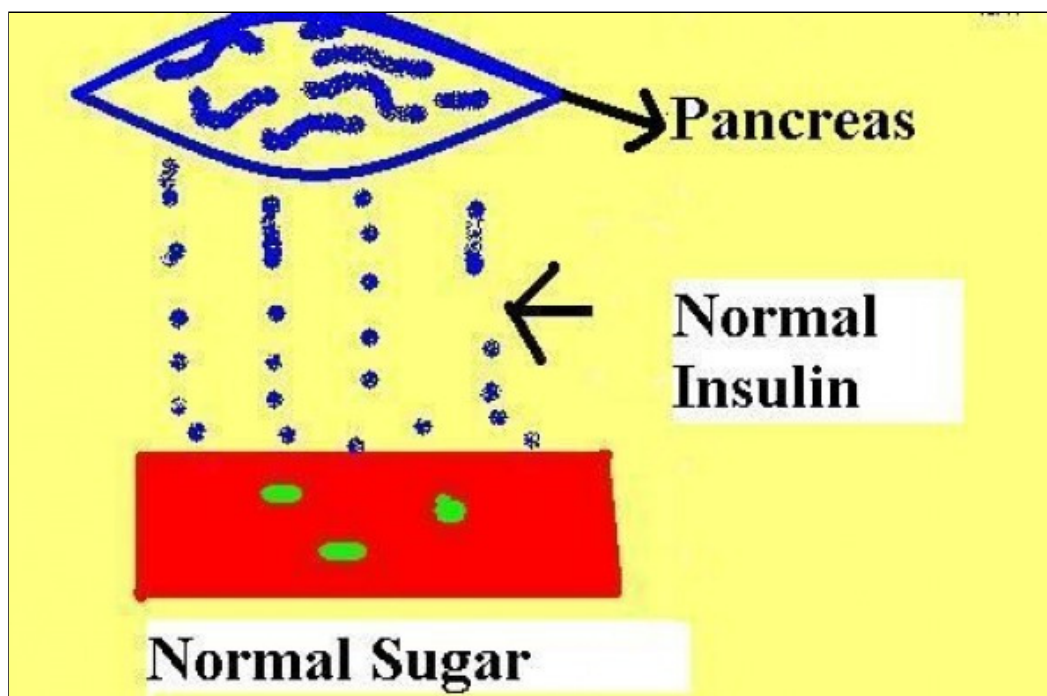
### Diabetes or high blood sugar

#### 1. What is diabetes or high blood sugar?

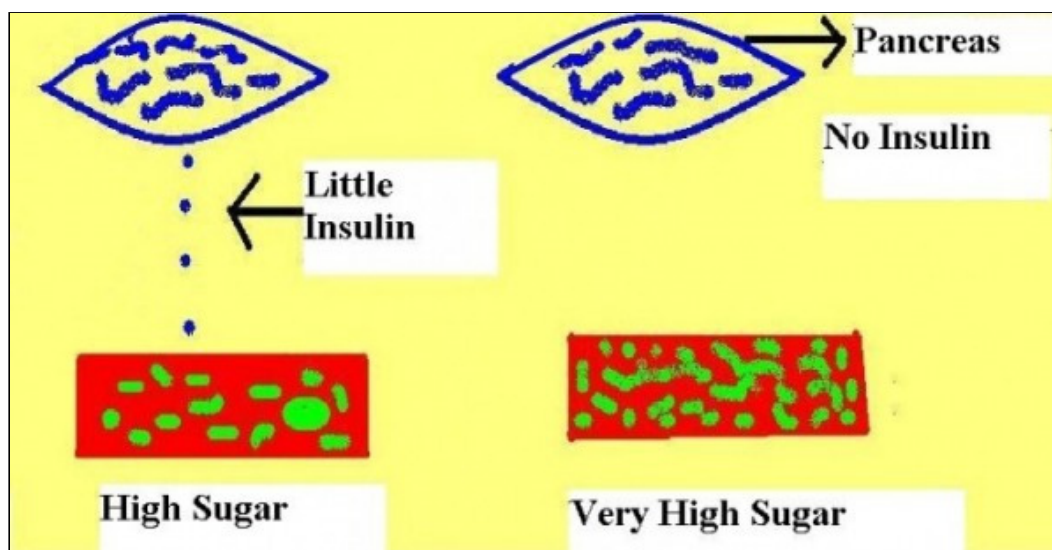
Pancreas is an organ or part of our body. Pancreas gives out 'insulin'.

Insulin removes the sugar in the blood. When there is little or no insulin then the sugar in the blood rises. See the picture below

#### Normal



## Diabetes



### Can I get 'Diabetes' or high blood sugar?

You have a high chance of high blood sugar if

- \*If you are **over weight**.
- \*If you are **not active**.
- \*If your **parents, brothers or sisters** have high blood sugar.
- \*If you are **African American** or **Hispanic** or **Asian**.
- \*If you had **high blood sugar** during your pregnancy.
- \*If you have **high blood pressure**.

\*If you have **high cholesterol**.

## Why is high blood sugar bad?

High blood sugar is bad because it harms our body.

You can control your sugar to avoid damage to your body.

High blood sugar can do all of the following

\*Brain damage from stroke

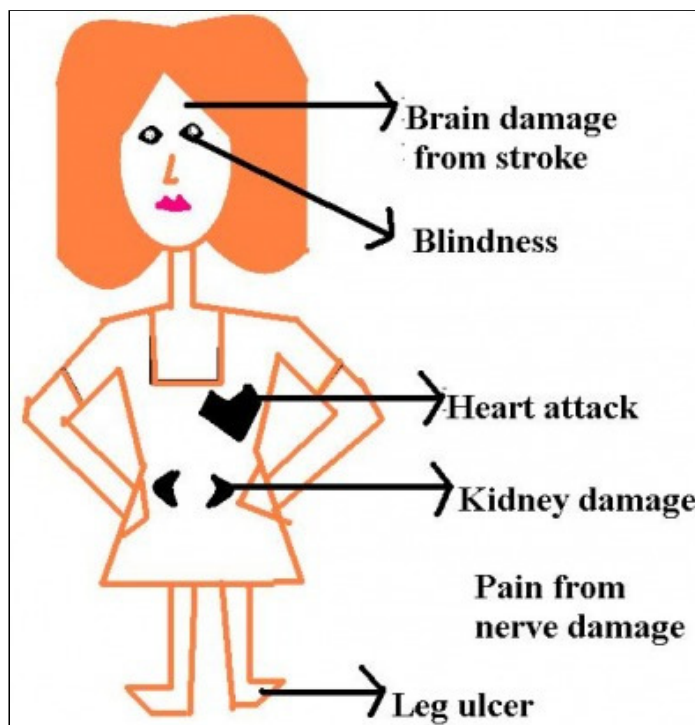
\*Blindness.

\*Heart attack.

\*Kidney disease.

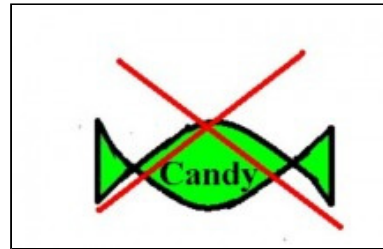
\*Pain from harm to the nerves.

\*Leg ulcers.

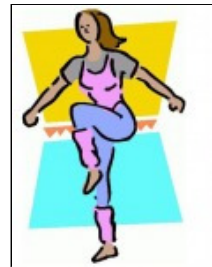


## What do I need to do to control my blood sugar?

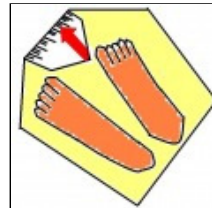
\*[Eat low sugar diet.](#)



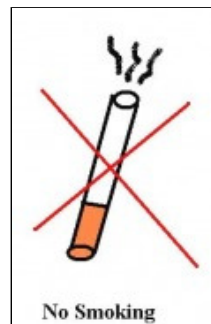
\*[Exercise daily.](#)



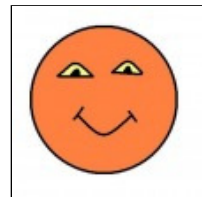
\*[Reduce your weight.](#)



\*[Stop smoking.](#)



\*Try to [relax.](#)



## How can I prevent high blood sugar from harming my body?

\*[Lower your blood sugar.](#)

\*[Lower your blood pressure.](#)

\*[Lower your blood cholesterol.](#)

\*[Check your feet daily](#) for cuts, redness or swelling. Quickly see your doctor if you find any cuts, redness or swelling.

\*[Always wear shoes or slippers.](#)

\*[See an eye doctor](#) regularly

\*Your doctor must order [blood and urine test to check your kidneys](#) at least once a year.

**If you have more questions please talk to your doctor**

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