What is Diabetes?

Diabetes Mellitus is a chronic, lifelong condition that affects your body's ability to use the energy found in food.

Diabetes rates in Latin American communities are nearly double that of non-Latino whites.

Among Latinos in the United States:
- 13.4% of Cubans
- 17.7% of Central Americans
- 18% of Dominicans and Puerto Ricans, and
- 18.3% of Mexicans live with diabetes

Common Symptoms of Diabetes:
- Urinating Often
- Increased Thirst
- Increased Hunger
- Extreme Fatigue
- Blurry Vision
- Slow healing cuts/bruises

Type 1 Diabetes
- **Type 1 Diabetes** usually begins in childhood, when the pancreas stops making insulin.
- **Insulin** is what allows you to break down glucose for energy.
- You have this condition for life.

Type 2 Diabetes
- **Type 2 Diabetes** happens when the body is resistant or no longer responding to insulin.
- Type 2 usually occurs in adults but can happen at any time in your life.
- **Risk factors** for Type 2 include obesity, high blood pressure, high levels of triglycerides, low levels of HDL (good cholesterol), and sedentary lifestyle.
### Differences Between Type 1 and Type 2 Diabetes

<table>
<thead>
<tr>
<th>Type 1 Diabetes</th>
<th>Type 2 Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often random</td>
<td>Strong family history</td>
</tr>
<tr>
<td>Normally starts in people younger than 35</td>
<td>Normally starts in older people</td>
</tr>
<tr>
<td>Non-obese</td>
<td>Obese</td>
</tr>
<tr>
<td>Rapid onset of symptoms like ketoacidosis</td>
<td>No obvious symptoms in early stage</td>
</tr>
<tr>
<td>Body cannot produce insulin</td>
<td>Body cells resistant to insulin</td>
</tr>
<tr>
<td>Managed with insulin injections, diet and exercise control</td>
<td>Managed with oral medications, diet and exercise control</td>
</tr>
</tbody>
</table>

### Actions to Prevent Type 2 Diabetes

- **Move more:** Exercise helps your body use insulin better and absorb glucose
- **Change your diet:**
  - Eat more fruits, vegetables, and whole grains
  - Eat less red meat (pork, beef, sausages, bacon, and hot dogs)
- **Quit smoking:** smoking increases your risk

### Foods that Increase the Risk of Diabetes

- flour tortillas
- carnitas
- chorizo
- refried beans
- cheese
- full fat sour cream
- quesadillas
- elotes

### References


### Additional Diabetes Resources

**Good Samaritan Health Center**  
1015 Donald Lee Hollowell Pkwy.  
NW Atlanta, GA 30318  
(404) 523-6571

**Physicians Care Clinic**  
440 Winn Way  
Decatur, GA 30033  
(404) 501-7940

**Diabetes Association of Atlanta**  
75 Marietta Street NW Suite 304  
Atlanta, GA 30303  
(404) 527-7150

**The Fulton-DeKalb Hospital Authority**  
Owner of Grady Health System  
145 Edgewood Ave.  
Second Floor  
Atlanta, GA 30303  
Phone  
404-489-1234