

Diabetes is a group of diseases resulting from high blood glucose (sugar) levels as a result of a defect in the body's ability to produce or use insulin. Type 2 Diabetes is the most common form of diabetes affecting millions of people. Over 23 million people in the U.S. have diabetes. Some groups are at higher risk for developing diabetes such as African Americans, Latinos, Native Americans, and Asians.

Some Common Symptoms of Diabetes include:

Frequent Urination  
Extreme thirst and hunger  
Numbness or tingling in hands and feet  
Weight loss  
Blurred Vision  
Frequent Infections

You can delay the onset or prevent Type 2 Diabetes by following these tips:

1. Lose weight if you are overweight
2. Get regular exercise
3. Eat a healthy balanced diet
4. Get regular check-ups from your Dr.

For more information on Diabetes, visit the websites below:

**The American Diabetes Association**

<http://www.diabetes.org/>

**The American Dietetic Association**

<http://www.eatright.org/>

**National Institute of Health**

<http://www.nlm.nih.gov/medlineplus/diabetes.html>