



Diabetes

Prevent it, Control it!



Living Well With Type 2 Diabetes

Diabetes is one of the leading causes of death (#6) in United States. The good news is that many of the major risk factors for diabetes can be prevented and controlled.

What Is Type 2 Diabetes?

Type 2 Diabetes is a chronic disease in which our body cannot correctly use sugar for energy. Sugar levels get higher in the blood but the body cannot use them to work normally.

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. More than 1 out of 3— 86 million American adults— have prediabetes.

How Can I Tell If I Have Prediabetes or Diabetes?

9 out of 10 people with prediabetes do not know they have it! **3 out of 10 people with prediabetes will develop type 2 diabetes within 5 years.**

Who Is At More Risk?

- After age 45
- Being overweight
- Family history of diabetes, high blood sugar while being pregnant, or giving birth to a baby who weighs more than 9 pounds.
- Certain ethnicities-African American, Hispanic/Latino, American Indian
- Not getting enough exercise daily (less than 10,000 steps daily)

Some Of The Common Symptoms Of Diabetes

Many times, people with type 2 diabetes will have no symptoms. Others may have:

- Increased thirst, dry mouth and increased hunger (especially after eating).
- Nausea and sometimes vomiting
- Fatigue (weak, tired feeling)
- Increased urination (going to bath room too often).

Some Life-Threatening Complications Of Not Treating Diabetes

- Eye problems- blurred vision, blindness
- Kidney failure
- Loss of toes, feet or leg
- Erectile dysfunction (Men)
- Heart disease and stroke

You Can PREVENT Type 2 Diabetes

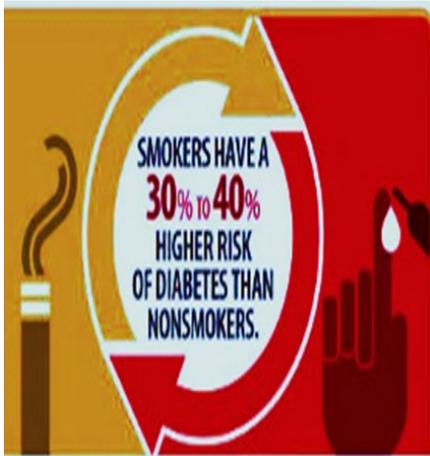
- By getting your blood sugar tested by your doctor
- Eating healthy and keeping a healthy weight.
- Be more physically active (30 min of exercise daily).
- Stop smoking
- Lower your blood pressure, if it is greater than 120 (top) and greater than 80 (bottom) number.
- See your doctor regularly.



Where To Get

FREE

Resources For Your DIABETES Control Within Your Community Near 21217



Physical Activity/ Exercise Classes	Address	Phone Number
West Baltimore CARE	Zumba, Yoga and Other Fitness Classes are offered from Sunday through Friday (times vary) Email: HEZ_info@BSHSI.org Website: http://www.healthywestbaltimore.org/p2h/ https://www.facebook.com/WestBaltimoreCare	410-368-2192
Robert C. Marshall Rec Center	1201 Pennsylvania Ave, 21217 Zumba (Wed 6:00pm –7:00 pm)	410-728-3271
J.E. Howard Rec Center	2100 Brookfield Ave, 21217 Total Body Fitness (Mon 6:30pm-7:30 pm) Kickboxing (Wed 6:30pm-7:30 pm)	410-396-7849
Healthy Eating		
Farmer's Markets	Druid Hill Farmers Market 3100 Swann Drive, 21217 Wednesday 3:30pm-7:30pm More info: www.baltimarket.org/farmers-markets/	410-545-7544
Simple Cooking with Heart Kitchen American Heart Association (AHA)	Heart Healthy, Fresh, Cooking Classes for only \$5 offered at multiple locations For more info: Email: baltimorekitchen@heart.org	410-342-0783
Smoking Cessation		
CEASE Baltimore	31 N Fulton Ave, 21223 Various locations throughout Southwest Baltimore. 6 week tobacco cessation group and relapse prevention classes. Nicotine replacement patches and gum offered. Email: info@ceasebaltimore.org Website: https://www.facebook.com/cease.baltimore	443-814-9145
Total Health Care	1501 Division Street, 21217 Smoking Cessation Classes (8 week) Contact Sheillina 410-383-8300 ext. 20666	410-383-8300 ext. 20666
Chase Brexton	1111 N. Charles Street, Baltimore, MD 21201 Free patches, group therapy (six week courses)	410-837-2050 ext. 2617
Maryland QUITLINE	Maryland QUITLINE Free telephone counseling Free nicotine replacement therapy for 12 weeks	1-800-QUITNOW (784-8669)
Baltimore City Health Department	Referrals to city wide smoking cessation programs For more info please call the number listed.	410-361-9765

**For More Information
Please Call
The Baltimore City
Health Department
at 410-396-9931**