



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

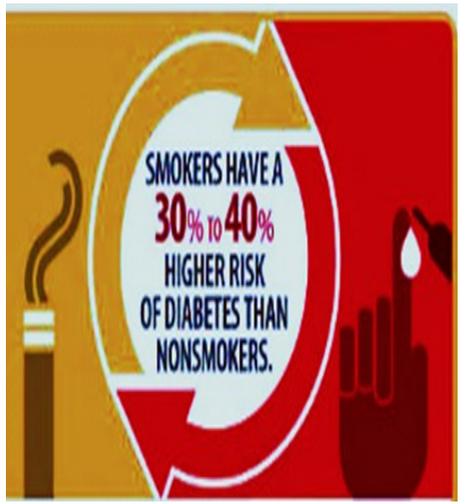
- Eye problems- blurred vision, blindness
- Kidney failure
- Loss of toes, feet or leg
- Erectile dysfunction (Men)
- Heart disease and stroke

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 21224**



**Physical Activity/
Exercise Classes**

B'More Fit for Healthy Babies Program

Address

Free weight loss and fitness program for postpartum mothers who are overweight and have children under age of three.
V.S. Baker Recreation Center
2602 E. Baltimore St, 21224
Every Tuesday: 6:00 pm-7:45 pm
(For Spanish speaking)

Phone Number

410-926-2493 or
443-315-9685

Healthy Eating

Farmer's Markets

Canton Farmers Market; Hosted by FutureCare Canton Harbor (Near Canton Park)
1300 South Ellwood Avenue, 21224
June - October | Tuesdays 10:00 am – 1:00 pm

410-258-9658

Fell's Point Farmers Market
800 South Broadway, 21231
May through November;
Every Saturday 7:30 am- 12:30 pm
For more info:

410-342-0783

www.baltimarket.org/farmers-markets/

Simple Cooking with Heart Kitchen American Heart Association (AHA)

Heart Healthy, Fresh, Cooking classes for only \$5 offered at multiple locations.

410-342-0783

For more info:
Email: baltimorekitchen@heart.org

Smoking Cessation

Baltimore City Health Department

Referrals to city wide smoking cessation programs.

410-361-9765

Maryland QUITLINE

Maryland QUITLINE
Free telephone counseling
Free Nicotine patches for 12 weeks

1-800 QUIT-NOW (784-8669)

Chase-Brexton Health Services, Inc.

Free Nicotine patches, group therapy (six week courses)
1111 N. Charles Street, 21201

410-837-2050
ext. 2617

Baltimore Medical System

Free Nicotine patches, Group Therapy and other help.
Call for dates, times and locations (ask for Earline Washington)

410-703 -3689

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