

Can I Get Diabetes?

Many people in the United States and other countries have diabetes. Diabetes is a serious disease that can cause blindness, heart disease, stroke, kidney failure and can lead to amputations. Many people die from complications of diabetes. Many African Americans, Latinos and American Indians have diabetes.

You are at risk of developing diabetes if you:

- Are overweight
- Are not physically active
- Delivered a baby bigger than nine pounds
- Had diabetes during pregnancy
- Have a brother, sister, mother or father with diabetes
- Eat an unhealthy diet
- Are over 45 years old
- Have high blood pressure
- Have high cholesterol



You may have diabetes and not even know it. Some symptoms include being thirsty, peeing a lot and unexplained weight loss. It is important to have your blood sugar tested to make sure it is normal. If you have diabetes, then you can start to eat right, exercise and take medicine to control it. If you are tested and do not have diabetes, then you can still start to add healthy foods and physical activity into your life to stay healthy.

Prediabetes means your blood sugar is high, but you do not have diabetes. It means you will probably develop diabetes if you do not lose weight, exercise and improve your diet.

Things you can do to prevent diabetes and stay healthy include:

- Cut back on empty calories such as soda
- Eat a lot of vegetables, low-fat foods and foods with fiber such as beans, whole wheat bread and oatmeal
- Make physical activity part of your routine: dancing, playing a sport, or walking instead of driving
- Keep your weight in a normal range
- Get tested every few years for diabetes

