

# EPWORTH UNITED METHODIST CHURCH

## HEALTH MINISTRY & CARE TEAM

Volume 1, Issue 3

November 2022

### November is National Diabetes Month

28.7 million US adults have been diagnosed with diabetes. 96 million are prediabetic. Diabetes is the 7<sup>th</sup> leading cause of death in the US. Diabetes is the number 1 cause of kidney failure, lower-limb amputations, and adult blindness.

Diabetes is a chronic health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

### Three Main Types of Diabetes:

Type 1 diabetes occurs when the body can't produce insulin.

Type 2 diabetes is the most common form of the disease where the body doesn't use insulin well enough to keep blood sugar at normal levels.

Gestational diabetes develops in pregnant women who have never had diabetes.

### Commit to a Healthier Lifestyle:

- ✓ Lose weight if you are overweight
- ✓ Eat a healthy diet
- ✓ Get regular physical activity
- ✓ Manage stress
- ✓ Stay hydrated
- ✓ Get enough sleep
- ✓ If you smoke, STOP

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### Office Hours

- Monday 9am-2pm
- Tuesday 9am-2pm
- Wednesday 9am-2pm  
(5:30-6pm for BP Screenings)
- Thursday 9am-2pm
- Friday 9am-12pm
- Sunday (11am-11:30am for BP Screenings)

### Know Your Risk:

- Age 45 and older
- Overweight
- Have a parent or sibling with type 2 diabetes
- Are physically active less than 3 times per week
- Have ever had gestational diabetes or given birth to a baby weighing over 9 pounds
- Diagnosed with prediabetes

If you have any of the following diabetes

**SYMPTOMS**, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual