



More than 2 million Canadians have diabetes and by the end of the decade this number is expected to rise to 3 million. The number of people with Type 2 diabetes is increasing dramatically due to the aging population, high rates of obesity, and sedentary lifestyles.

Left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- Eye disease
- Erectile dysfunction
- Nerve damage

The first step in preventing or delaying the onset of these complications is recognizing the risk factors, as well as signs and symptoms of diabetes.



Help for

Different Types of Diabetes

Type 1 Diabetes is usually diagnosed in children and adolescents, it occurs when the pancreas is unable to produce insulin. Approximately 10% of people with diabetes have type 1 diabetes.

Type 2 Diabetes occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood; although increasing numbers of children in high-risk populations are being diagnosed. Approximately 90% of people with diabetes have type 2 diabetes.

Gestational Diabetes is a temporary condition that occurs during pregnancy. It affects approximately 3.5% of all pregnancies and involves an increased risk of developing diabetes for the both mother and child.

Signs and Symptoms of Diabetes Include:

- Unusual thirst
- Frequent urination
- Weight change
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in hands or feet
- Trouble getting and maintaining an erection

You May Be at Risk for Developing Diabetes if You:

- Are over 40 years of age
- Have a parent, brother, or sister with diabetes
- Are a member of a high-risk group (e.g. Aboriginal, Hispanic, Asian, South Asian or African descent)
- Have given birth to a baby that weighed over 4 kg (9 lbs) at birth
- Had gestational diabetes (diabetes during pregnancy)
- Have been told you have impaired glucose tolerance (IGT) or impaired fasting glucose (IFG)
- Have high blood pressure, high cholesterol or other fats in your blood
- Are overweight (especially if you carry most of your weight around your middle)
- Have been diagnosed with polycystic ovary syndrome, acanthosis nigricans (darkened patches of skin), or schizophrenia



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Preventing Diabetes:

To date there is no proven way to prevent type 1 diabetes. However, type 2 diabetes may be prevented or delayed through increased physical activity, healthy eating, weight loss, not smoking, and stress reduction. Taking these steps now can lead to a healthier future.

Volunteer Opportunities Available at the Canadian Diabetes Association:

- Advocacy
- Administrative Support
- Education
- Signature Program Presentations
- Fund Development
- Community Outreach
- Display

Where to Find Help

Canadian Diabetes Association (807) 577-4232
501-200 Syndicate Ave. S.
Thunder Bay, Ontario
www.diabetes.ca

Diabetes Health Thunder Bay (807) 344-3422
285A Memorial Ave.
Thunder Bay, Ontario
www.sjcg.net/services/community/diabetes.asp

Northern Diabetes Health Network
For information on programs and in your area, see:
www.ndhn.com or www.diabetesontario.org



www.norwestchc.org • 1-866-357-5454 (toll free)

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