

# FORGING THE FUTURE:



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## Friday FACTS

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"Leadership, Partnership, and Championship"

### NOVEMBER--AMERICAN DIABETES MONTH Diabetes—a Silent Killer. What Are the Symptoms?

Diabetes is widely known as a "silent killer." An estimated 17 million people have diabetes in the United States, but nearly six million of them are not aware that they have the disease.

Another 16 million Americans have "pre-diabetes," a condition marked by higher than normal blood glucose levels. These higher levels greatly increase their risk of developing type 2 diabetes.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Diabetes is associated with long-term complications that affect almost every part of the body. The disease often leads to blindness, heart and blood vessel disease, strokes, kidney failure, amputations, and nerve damage. Uncontrolled diabetes can complicate pregnancy, and birth defects are more common in babies born to women with diabetes.

Recent studies indicate the early detection of diabetes symptoms and treatment can decrease the chance of developing complications.

Some diabetes symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision
- Frequent infections and slow healing of wounds or sores.

If you have one or more of these diabetes symptoms, see your doctor right away.

Sources: American Diabetes Association, [www.diabetes.org](http://www.diabetes.org) and National Institute of Diabetes and Digestive and Kidney Diseases, <http://www.niddk.nih.gov>.

United States  
National Institute of  
Diabetes & Digestive & Kidney Diseases  
of the National Institutes of Health

### Candy quiz: Do you know how sweet it is?

Source: [MayoClinic.com](http://www.mayoclinic.com)

What would Halloween be like without trick-or-treat bags bulging with Mini Monster Chocolates, Gummi Spiders or Count Blackula Bubble Gum? And don't forget the old standbys — candy corn, M&M's and everything in between.

People certainly love candy, especially during holidays and special occasions. But how much do you know about these popular, sugary treats? To take the candy quiz to test your knowledge visit <http://www.mayoclinic.com/invoke.cfm?objectid=B2EDB581-FEEB-428D-83B90FA2AD9368F0>



**"Our attitudes control our lives. Attitudes are a secret power working 24 hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force."  
— Tom Blandi**