Health and Wellness Seminar

Understanding Diabetes

What are the Symptoms of Diabetes?

People with type 2 diabetes often do not have any symptoms. When symptoms do occur, they are often ignored because they may not seem serious. Symptoms in type 1 diabetes usually come on much more suddenly and are often severe.

Common Symptoms of diabetes include:

- Excessive thirst and appetite
- Increased urination (sometimes as often as every hour)
- Unusual weight loss or gain
- Fatigue
- Nausea, perhaps vomiting
- Blurred Vision
- In women, frequent vaginal infections
- In men and women, yeast infections
- Dry mouth
- Slow-healing sores or cuts
- Itching skin

Call your Doctor About Diabetes If:

- You feel nauseated, weak, and excessively thirsty; are urinating very frequently; have abdominal pain.
- You are breathing more deeply and rapidly than normal -- perhaps with sweet breath that smells like nail polish remover -- you need immediate medical attention for ketoacidosis -- a potentially deadly complication of type 1 diabetes.
- If you are having weakness or fainting spells; are experiencing a rapid heartbeat, trembling, and excessive sweating; and feel irritable, hungry, or suddenly drowsy. You could be developing hypoglycemia -- low blood sugar that can occur with diabetes treatment. Follow your treatment plan for what to do if you develop hypoglycemia.

Source: *WebMd*

Please register with Human Resources no later than Wednesday, 11/12/2014.

November 2014

Diabetes

Thursday, November 13, 2014

2:30 p.m. – 3:30 p.m.

Council Chambers

Speaker: Michelle Solis, RD, LD

The Human Resources Department, in conjunction with Mission Regional Medical Center, will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing achapa@missiontexas.us.

Mission Regional Medical Center

****RAFFLE****

Subway Gift Card

Must be present to win*

Our mission is to promote Health awareness and to encourage healthy lifestyles.