

# Diabetes and Nutrition



## The diabetes epidemic

According to the American Diabetes Association, diabetes affects more than 30.3 million Americans – nearly eight percent of the nation’s population – and is one of the country’s fastest growing health epidemics. More than 1.5 million adults are diagnosed with diabetes each year, and an estimated additional 7.2 million individuals with diabetes have not been formally diagnosed with the disease.

## What is diabetes?

Diabetes is a condition that requires special attention. With today’s medical standards, you can learn how to control your blood glucose (sugar), live a healthy lifestyle and avoid medical complications.

# CAROLINAS HOSPITAL SYSTEM

805 Pamplico Highway  
Florence, SC 29505  
843-674-5000  
*CarolinasHospital.com*

## Symptoms of diabetes

- Increased thirst
- Increased urination
- Personality or mood changes
- Unexplained weight loss
- Blurred vision
- Fatigue or weakness
- Numbness, tingling or pain in feet or hands
- Infections
- Cramping or pain in legs or abdomen
- Sores that won't heal
- Dry, itching skin or rashes
- Change in appetite

## Am I at risk?

You are at higher risk for diabetes if you:

- Are over 45
- Are overweight
- Are not physically active
- Have a family history of diabetes
- Have high cholesterol and/ or high blood pressure
- Have given birth to a baby weighing more than 9 pounds
- Have had gestational diabetes

**For questions about diabetes and diabetes management, please make an appointment with your primary care provider. If you do not have a primary care provider, visit [CarolinasMedicalAlliance.com](http://CarolinasMedicalAlliance.com) to schedule an appointment or call 843-661-DOCS (3627).**

## Education

Carolinas Hospital System has FREE classes to help you avoid serious but preventable complications of diabetes. These classes are taught by a certified diabetes educator and a registered dietitian. The Gestational Diabetes Class meets every Tuesday at 1 p.m. and the Diabetes and Nutrition Class meets the first and third Tuesday of the month at 2 p.m. **To register or for more information, call 843-674-4525.**

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