



Common Questions about Diabetes

November is American Diabetes Month. How much do you know about this condition, which affects nearly 29.1 million U.S. children and adults? If you're concerned about your diabetes risk, talk to your doctor. Below are some answers to common questions to help get the conversation started.

What is the difference between type 1 and type 2 diabetes?

Type 1 diabetes, which is usually diagnosed in children and young adults, occurs when the body does not produce insulin, a hormone needed to convert sugar, starches and other food into energy. Only 5 percent of people with diabetes have type 1.

With type 2, the body does not use insulin properly. At first, the pancreas makes extra insulin to make up for it. Over time it can't make enough insulin to keep a person's blood glucose at normal levels. Before people develop type 2, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

What are the symptoms of diabetes?

- Urinating often
- Feeling very thirsty
- Feeling very hungry despite eating adequate amounts of food
- Extreme fatigue
- Blurry vision
- Having cuts/bruises that are slow to heal

How serious is diabetes?

Diabetes is a serious health condition that can affect the entire body. The complications of diabetes can be prevented or delayed with proper disease management. However, diabetes causes more deaths a year than breast cancer and AIDS combined.

Do all overweight people eventually develop type 2 diabetes?

Being overweight is a risk factor for developing this disease, but other risk factors, such as family history, ethnicity and age, also play a role.

Do you get type 2 diabetes from eating too much sugar?

It's complicated. However, being overweight does increase your type 2 diabetes risk, and a diet high in calories from any source contributes to weight gain.

As someone with diabetes, where can I get additional support?

Depending on your Horizon Blue Cross Blue Shield of New Jersey plan, you may have access to our Chronic Care Program. To learn more, visit HorizonBlue.com, select **Horizon Wellness**, and then choose **Chronic Care Program**. Check with your benefits administrator to determine if you're eligible.



Sources: American Diabetes Association, Centers for Disease Control and Prevention
 NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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