



WHAT PARENTS NEED TO KNOW ABOUT **DIABETES**

Diabetes is a long-term health condition that affects how the body turns food into energy. Our bodies need insulin to help sugar (glucose) get from the blood into our cells. When insulin doesn't work right or there isn't enough, sugar builds up in the blood. This can make people very sick. If not treated, it can cause sweating, feeling shaky, being confused, and even becoming unconscious. Over time if not treated, it can cause damage to the eyes, heart, and kidneys.

2 MAIN TYPES

Type 1 Diabetes:

The body stops making insulin. It often starts with kids and teens.

Type 2 Diabetes:

The body has trouble using insulin properly. It used to mostly be with adults, but now more children and teens are getting it, especially those who are overweight.

WARNING SIGNS

What to look for:

- Needing to urinate often
- Feeling very thirsty
- Losing weight without trying
- Feeling tired all the time
- Blurry eyesight
- Fruity-smelling breath (mostly in Type 1)
- Cuts and bruises that heal slowly
- Dark velvety skin at skin folds (usually Type 2)

WHY EARLY ACTION MATTERS

If your child shows signs of diabetes, talk to their healthcare provider. A simple blood test can show if they have diabetes or are at risk. The earlier it's found, the easier it is to manage. Regular annual check-ups will help with early intervention.

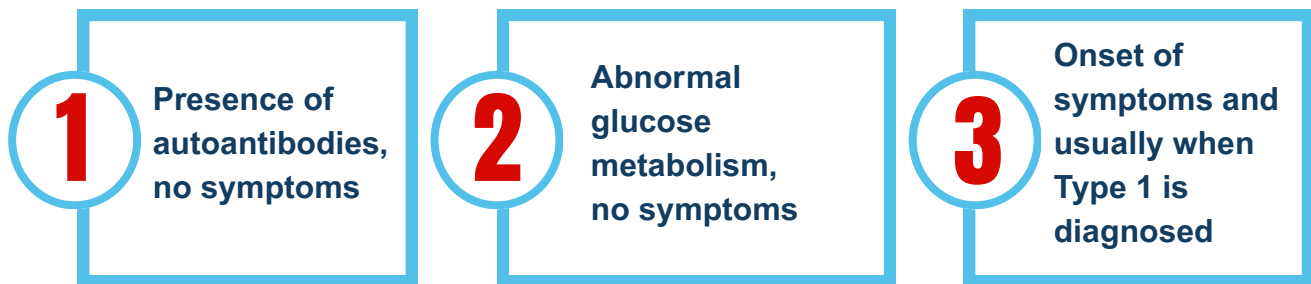


SCREENING FOR DIABETES

Type 1 Diabetes Screening: A simple blood test looks for certain markers in the body called autoantibodies. These can show up years before any symptoms start, which helps healthcare providers catch the disease early.

Type 2 Diabetes Screening: A simple blood test for fasting blood glucose or an A1C or a glucose drink test can check how your child's body handles sugar.

STAGES OF TYPE 1 DIABETES



RISK FACTORS

For Type 1: Family history, genetic predisposition, or possibly environmental triggers.

For Type 2: Being overweight, not getting enough exercise, family history, and certain ethnic backgrounds (Black, Hispanic, Native American, Asian American) and signs of insulin resistance.

WHAT NEXT?

If your child is diagnosed with diabetes, your healthcare provider will help develop a plan of care. This may include:

- Checking blood sugar regularly
- Eating healthy meals
- Getting daily physical activity
- Taking medicine like insulin or pills if needed
- Working with the school nurse on an individualized healthcare plan to use for the school day

REMEMBER...

This handout is for learning only. **Always** check with your healthcare provider if you have questions or concerns. Learn more at:

www.diabetes.org

www.cdc.gov/diabetes

www.healthychildren.org/diabetes

