

American Diabetes Month

This **November**, join the American Diabetes Association in a national movement to *Stop Diabetes*SM.

November is American Diabetes Month®—a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

This year, we need to take a bolder, more audacious approach to American Diabetes Month. Consider that:

- 24 million children and adults in the United States live with diabetes
- 57 million Americans are at risk **for** type 2 diabetes
- 1 out of every 3 children born today will face a future with diabetes if current trends continue

We ask you to join the American Diabetes Association in launching a national movement to Stop Diabetes – help us confront it, fight it, and most importantly, stop it.

Here's how you can become involved:

- **Share.** Inspire others to join the movement by sharing your personal story. Visit stopdiabetes.com and join us on [Facebook](#) and [Twitter](#) to learn about all the exciting ways to be a part of the Stop Diabetes movement. Invite your family, friends, and co-workers to join this effort as well.
- **Act.** Whether you want to [walk*](#), [bike*](#) or simply tell a friend, there will be many ways to help us build momentum **for** the Stop Diabetes movement.
- **Learn.** The American Diabetes Association has many resources throughout the country to help Stop Diabetes. If you, or a loved one, already [have diabetes*](#) or are [at risk*](#) **for** developing it, we can provide medical, lifestyle and motivational information to prevent this disease from taking control of your life and the lives of those around you.
- **Give.** Sign up with your local American Diabetes Association office to help raise money **for** diabetes research, federal and state advocacy and public education.

Diabetic Symptoms - Learn What They Are

In order to suggest a treatment, health care providers need to know the diabetic symptoms, so that the diagnosis can be performed. Also, if you suspect that you suffer from **diabetes**, you need to know the symptoms of this health condition, so you can report them to your health care provider if you experience them.

More than that, it is important to look for medical advice when having any of the diabetic symptoms, as most of them are confusing and could indicate another medical condition. People who suffer from **diabetes** may experience the following symptoms:

- Extreme thirst
- Frequent urination
- Dry or itchy skin
- Hunger
- Blurred vision
- Drowsiness
- Nausea
- Tiredness

In addition to that, diabetics often lose weight without even trying. Please keep in mind that it is not mandatory to experience all these signs. In fact, some of the diabetics do not feature any of the diabetic symptoms.

If anyone in your family had **diabetes** and you believe that you are genetically predisposed to this medical problem, you need to have a blood test. This test will indicate the amount of glucose in your blood and will allow the medical care provider to determine whether you are diabetic or just in a pre-**diabetes** phase.

Once the doctor concluded that you suffer from this health condition, the type of **diabetes** needs to be determined, so that a proper treatment can be prescribed. Type 1 will be treated with insulin injections, while patients suffering from type 2 can try oral medication or even alternative therapies.

Remember to report any of the aforementioned symptoms to the doctor, in order to be diagnosed faster.

This article was researched and created by Crystal Misu: Crytal Misu also has created a website about [organic crib bedding](http://www.organiccribbedding.org) at <http://www.organiccribbedding.org>.