



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

May 2018

What is Diabetes?

Diabetes is diagnosed when a person's body does not make enough insulin or cannot properly use insulin. Insulin is a hormone needed to turn food into energy.

The Three Types

Type 1

The body does not produce any insulin

Must take insulin to live
Occurs in children and young adults
5-10 percent of people with diabetes

Type 2

The body does not make enough or properly use insulin

Can be treated with diet, exercise and/or medication



Gestational

Occurs in pregnancy with high blood sugar

Usually goes away after the baby is born
Risk of developing Type 2 later in life increased by 50-60 percent

Prevention Tips

- Exercise regularly
- Decrease intake of fried or fatty foods
- Eat fewer sweet foods
- Drink fewer sweet drinks
- Eat more vegetables, fruits, and whole grains
- Lose weight
- Quit smoking



Risk Factors

- Overweight or obese
- No exercise
- Hereditary
- Have high blood pressure
- Have high cholesterol and triglycerides



UMRHN Community Members

Catawba Community Mental Health Center * Chester County Representative * Chester County School District * Chester Healthcare Foundation * Chester Regional Medical Center * Eau Claire Cooperative Health Center * Fairfield County School District * Fairfield Memorial Hospital * Good Samaritan Medical Clinic * J. Marion Sims Foundation * John A. Martin Primary Health Care * Mid-Carolina AHEC * Midlands Technical College * North Central Family Medical Center * SC Department of Health and Environmental Control * SC Office of Rural Health * Springs Memorial Hospital * York Technical College

Fairfield Memorial Diabetes Education Center

Member Highlight

We provide services for:
Type 1 & Type 2 Diabetes
Gestational Diabetes
Obesity and Weight Management

Classes are scheduled by physician referral.
For more information, call (803) 712-0364

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