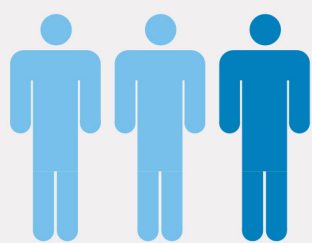


NATIONAL DIABETES MONTH

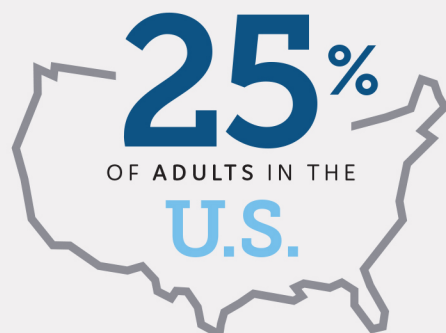
Diabetes mellitus, or simply diabetes, is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long term, high glucose levels are associated with damage to the body and failure of various organs and tissues.

MORE THAN
ONE
IN EVERY
THREE



(around 86 million) – have prediabetes, but up to **90%** of them aren't aware of the ongoing risk. With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes.



who have diabetes don't know that they have it or that they could be developing serious complications.

RACE & ETHNICITY

ARE ALSO FACTORS:

- African Americans
 - Hispanics and Latinos
 - American Indian
 - Pacific Islanders, and
 - Some Asian Americans
- are at higher risk than Caucasians.

DIABETES

is the 7th-leading cause of death in the U.S., and more than 20 percent of health care nationally – almost **\$250 billion** – is for people with diagnosed diabetes. That includes more than **\$175 billion** in direct medical costs and almost **\$70 billion** in reduced productivity.



People with diabetes either don't make enough insulin (type 1 diabetes) or can't use insulin properly (type 2 diabetes). Insulin allows blood sugar (glucose) to enter cells, where it can be used for energy. When the body doesn't have enough insulin or can't use it effectively, blood sugar builds up in the blood. High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.

TYPE 1:

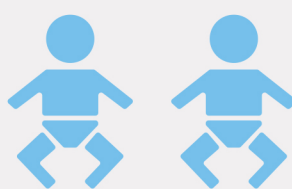
People affected need to take insulin for life to survive.

TYPE 2:

Healthy eating, regular physical activity, and medicines to lower blood sugar can help prevent or delay complications.

BOTH:

Groups need to work closely with their health care team to receive diabetes education, regular checkups, and ongoing support to self-manage their health.



GESTATIONAL DIABETES

is diagnosed during pregnancy and can cause serious complications for mothers or their babies. These complications include preeclampsia (pregnancy-induced high blood pressure), birth-related trauma, and birth defects. Women with gestational diabetes also have a higher risk of developing type 2 diabetes later in life.

@ UT SOUTHWESTERN

The Touchstone Diabetes Center is devoted to the study of the cells and tissues that are either contributing to or are affected by diabetes and its related diseases. Research in the Touchstone Diabetes Center focuses on both basic and clinical aspects of type 1 and type 2 diabetes, and questions related to the impact of diabetes and obesity on cardiovascular disease outcome and cancer incidence. The Touchstone Diabetes Center is part of a fully integrated metabolic research effort at the Medical Center that includes partnerships with Hypothalamic Research, the Center for Human Nutrition, the Taskforce for Obesity Research at UT Southwestern, the Eugene McDermott Center for Human Growth and Development, and the Harold C. Simmons Comprehensive Cancer Center. The Touchstone Center for Diabetes Research was established in 2007 with a gift from Marjorie and Lucian Touchstone, the Gifford Foundation, and Carol and Gifford Touchstone to support the development of new treatments aimed at ameliorating and ultimately preventing this disease.