



AIM PLUS
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Frequently Asked Questions About Diabetes

What is diabetes?

Diabetes is a condition in which your body cannot properly use and store glucose, which is the primary type of sugar in the blood. In type 1 diabetes, your body produces little or no insulin; in type 2 diabetes, your body doesn't have enough and/or can't effectively use it.

What are the symptoms of diabetes?

Some of the symptoms of diabetes include frequent urination, increased thirst, and unusual fatigue or hunger. Other symptoms may include unexpected weight loss, blurred vision, infections that heal slowly, and cuts that heal slowly.

Are there complications related to diabetes?

Yes, diabetes can cause several complications if left untreated or managed poorly. These complications may include damage to your nerves, eyes, heart, kidneys, and other organs.

What lifestyle changes should I make to manage diabetes?

To manage diabetes, you can make a few lifestyle changes, such as eating a healthy diet, monitoring your blood glucose levels, exercising regularly, and maintaining a healthy weight.

Are diabetic medications necessary?

A: In some cases, diabetic medications are prescribed to manage diabetes. Your healthcare provider can help you decide if medication is necessary and what is best for you.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.