



# Longmont Clinic

## **Facts About Diabetes**

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### **Could You or a Family Member Have Diabetes Without Even Knowing It?**

Studies show that Type II diabetes is on the increase in the US, at an alarming rate.

#### **Risk factors include:**

- Being overweight
- Lack of exercise
- Having a family member with Diabetes
- Hispanic, African-American or Native American descent

#### **Symptoms include:**

- Extreme fatigue
- Excessive thirst
- Excessive urination
- Blurred Vision
- Increased appetite combined with unexplained weight loss
- Elevated blood pressure and blood lipids (cholesterol and triglycerides), in addition to elevated blood sugar

Diet and exercise are critical in controlling the progression of diabetes, but if they're not enough there are many oral medications available to help.

Not everyone with diabetes will need to use insulin.

If you suspect that you or a family member could have diabetes, please see your physician or contact **Longmont Clinic's Endocrinology Department at 720-494-3119**. To learn more about our nationally recognized Diabetes Care Team, and view the complete schedule of classes and programs offered, please visit [longmontclinic.com/Resources/DiabetesCareTeam](http://longmontclinic.com/Resources/DiabetesCareTeam).

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