Diabetes

Pre-reading

Questions:
- What do you know about diabetes?
- What would you like to know about it?

Definitions:
- Blurry – harder to see; less clear
- Numb – having lost feeling
- Amputate – to cut off

Reading

Are you often thirsty? Have you been losing weight? Do you feel tired and have little energy? Is your vision blurry? Do your feet or hands feel numb? Do cuts take a long time to heal? If you answered yes to some of these questions, you may have diabetes.

Diabetes is a serious disease. It can cause many problems. It can cause problems with your vision. You could go blind. It can cause problems with your kidneys. They could fail, or quit working. It can cause problems with your heart. You could have a stroke. It can cause problems with your circulation. Some diabetics need to have fingers or toes amputated.

Millions of people are diagnosed with diabetes every year. If someone in your family has it, you are at risk. If you are a person of color, you are at risk. If you are overweight and do not exercise, you are at great risk. In fact, research confirms that there is a direct link between obesity and the risk of developing diabetes.

There is no cure for diabetes, but it can be treated. With proper medical treatment, and careful diet and exercise, diabetics can live a long and healthy life. Finding out if you have diabetes is important. At least six million people in the U.S. have the disease and don’t know it. If you think you may be one of them, see your doctor.
Understanding

1. Who is most likely to be diabetic? _____________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

2. What are some symptoms of diabetes? (List at least three.) _________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

3. Why is this disease a serious one? _____________________________________________________
   __________________________________________________________________________________

4. How is it treated? __________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

5. What does the word **obese** mean? _____________________________________________
   __________________________________________________________________________________

6. How could a person try to prevent becoming a diabetic? _________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

Writing

Choice A: What did you learn from this reading?

Choice B: Write about someone you know who is diabetic. How does he/she manage the disease?

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