



EQUALITY HEALTH

The New Culture of Care.



EQUALITY HEALTH
walk-in clinic

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At Equality Health, we believe who you are and where you live shouldn't be barriers to good health. We care about your well-being. We bring convenient, affordable healthcare opportunities to you that are in your neighborhood, in your language and mindful of your culture.

DIABETES

THE FACTS

WHAT IS DIABETES?

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Most of the food we eat is turned into glucose, a type of sugar, for our bodies to use for energy. A hormone released by the pancreas called insulin helps glucose get into the cells of our bodies. When you have diabetes, your pancreas either doesn't make enough insulin or can't use its own insulin well. This causes sugars to build up in the blood.

HOW DID I GET IT?

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Some of these factors may lead to type 2 (adult onset) diabetes:

- Unhealthy eating habits
- Overweight/Obesity
- Lack of exercise
- Family history
- Ethnicity

LEARN MORE

Equality Health
equalityhealthclinic.com/education

Medline Plus
medlineplus.gov

American Diabetes Association
diabetes.org



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Inside Food City
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WHAT YOU SHOULD KNOW.
WHAT YOU SHOULD EXPECT.
WHAT YOU SHOULD DO.

30.3M

AMERICANS IN THE U.S. HAVE DIABETES

Total: 9.4% of the U.S. population

New cases: 1.5 million Americans diagnosed with diabetes every year

Diagnosed: 23.1 million adults

Undiagnosed: 7.2 million adults

90% of all people have type 2 diabetes

WARNING SIGNS

People with diabetes often notice they have:

- More thirst
- A need to urinate more
- More hunger
- A loss of energy
- Slow-healing cuts and wounds

Source: American Diabetes Association

HOW DO I TAKE CONTROL?



Say YES to Healthy Foods

Eat recommended portion sizes and more fruits, vegetables, whole grains, lean meats, poultry and oily fish.



Say NO to Unhealthy Eating and Drinking

Cut back on fast food, white bread, tortillas, candy, chips, sugary sodas and alcoholic beverages.



Exercise

Aim for 30 minutes of moderate physical activity every day.



Monitor Your Blood Sugar

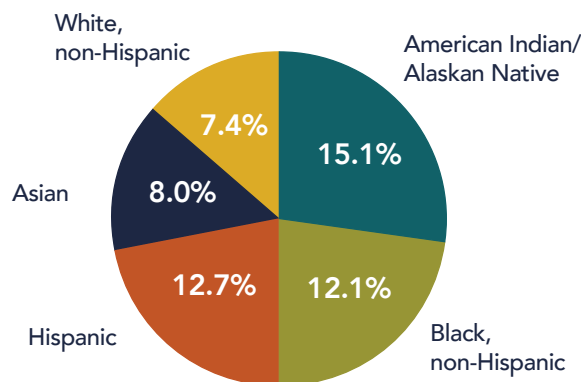
Write it down, track it with dates and report it to your doctor.



Stop Smoking

Smoking increases your risk of kidney disease, ulcers and amputations.

Diabetes Risk by Race and Ethnicity



Source: Centers for Disease Control and Prevention, cdc.gov

CHECK YOUR LEVELS

A blood test called the A1C is a lab test that shows your average level of blood sugar (glucose) over the previous 3 months. It helps you see how well you are controlling your diabetes.



RED ZONE UNCONTROLLED

A1C greater than 9%
Work closely with your doctor.

YELLOW ZONE CAUTION

A1C between 7% and 9%
Make changes in your diet, activity or medication.

GREEN ZONE ALL GOOD

A1C under 7%

AVOID COMPLICATIONS

By managing your diabetes, you can prevent many of these conditions:

- Heart disease and stroke
- High blood pressure
- Blindness
- Kidney disease
- Amputation
- Nervous system disease

