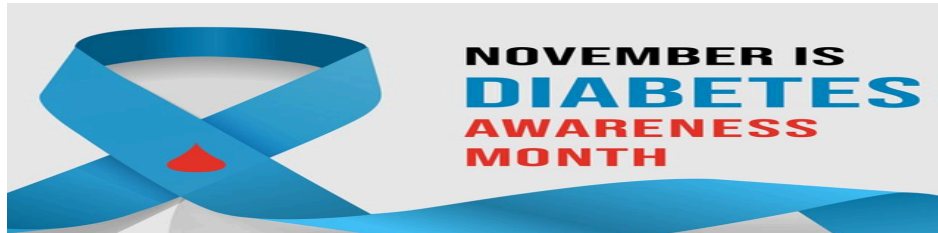


# Nurse's Corner Spirit Lake Community Schools

*Spirit Lake School Nurses are committed to promoting the health and well-being of all students so that they may achieve academic success and develop lifelong healthy habits!*



**116,500 Americans will be diagnosed with diabetes this month, and 1.2 million annually.  
\$27 billion will be spent this month in diabetic care and about \$412 billion annually.  
Diabetes is the 8th leading cause of death in America**

Diabetes occurs when the body cannot produce enough insulin.

There are 2 types of diabetes

**Type 1 diabetes** is an autoimmune disease that occurs when the body's immune system destroys the pancreas' insulin-producing cells. This results in a deficiency of insulin, which is a hormone that helps move blood sugar into cells to be used for energy. Without insulin, blood sugar builds up in the bloodstream, which can lead to serious health problems. Sugar does not cause Type 1 diabetes, nor is it caused by anything else in your lifestyle. Majority of type 1 diabetics are diagnosed before age 14.

**Type 2 diabetes** is a chronic disease that occurs when the body doesn't produce enough insulin or doesn't use insulin properly. Majority of Type 2 diabetics are diagnosed after age 45. Lifestyle choices can play a part in Type 2 diabetes.

Technology available to monitor blood sugar levels and deliver insulin have made miraculous strides. Diabetics that require insulin throughout the day, can get the insulin through an insulin pump instead of multiple needle injections. This pump is about the size of a deck of cards; it has tubing and a sensor attached to the skin. A Continuous Glucose Monitor (CGM) allows them to monitor blood glucose levels on their phone, with a sensor in the skin, instead of poking their finger multiple times a day.

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual
- Feel very tired
- Have numbness or tingling in the hands or feet

**November 14th is World Diabetes Day:** Show your support and wear **BLUE** on Thursday, November 14th

If you have any questions, please contact the school nurses:

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