

What is Diabetes?

Diabetes is a disease in which the body does not use insulin properly. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors, such as obesity and lack of exercise, appear to play roles.

The major types of diabetes are:

Type 1 Diabetes: Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to be used for energy. It is estimated that 5-10% of Americans who are diagnosed with diabetes have Type 1 diabetes.

Type 2 Diabetes: Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Approximately 90-95% (16 million) of Americans who are diagnosed with diabetes have Type 2 diabetes.

Pre-Diabetes: Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes. It is estimated that at least 16 million Americans have pre-diabetes. This is in addition to the 17 million with diabetes.

Gestational Diabetes: Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.



Lincoln County Diabetes Coalition

Phone: (541) 574-4682

Support Groups

For those living with

DIABETES

and their families



Please call

(541) 574-4682 if you are interested
in more information.



Newport



Samaritan North Lincoln Hospital

A Registered Nurse or Diabetes Educator facilitates the group.

(541) 994-3661 ext: 6414

**Meets last Tuesday
of each month**

2:00 pm

Samaritan Pacific Communities Hospital

A Registered Nurse or Diabetes Educator facilitates the group.

(541) 574-1815

**Meets 2nd Thursday
of each month**

2:00 pm

Waldport Community Center

A Registered Nurse or Diabetes Educator facilitates the group.

(541) 265-6611 ext: 2432

**Meets 3rd Wednesday
of each month**

1:00 pm



Type I and Type II Children, Teens & Parents

Jennifer Reinhart

265-9498

Call for information

Siletz

Siletz Tribal Fitness Center

Darcy de la Rosa, RD/LD, CDE

444-9647

***Meets 3rd Thursday of each month**

12:15 pm
