

PARENT HEALTH BULLETIN



Pinellas County Health Department

Vol. 3, No. 4

Could your child have diabetes?

According to the American Diabetes Association, one out of every three persons born in the United States is at risk for developing diabetes. You might not be concerned about your child becoming a diabetic because he/she is too young and eats relatively well. But, there are behaviors such as physical activity and keeping weight down that can help to prevent diabetes. Recently, an increasing number of children are being diagnosed with Type 2 diabetes and, because symptoms are rare, it is very difficult to catch before it's too late. Two major risk factors are obesity and family history. Diabetes is a chronic (frequent) disease where a person has elevated blood sugar. Steps CAN be taken now to prevent a major complication in the future. So protect your child from this and other chronic diseases by making sure he/she is active everyday, eats food low in saturated fat and keeps his/her body weight down.

What's the difference?

Type 1 Diabetes

Type 1 diabetes, occurs when the body produces no insulin. It is one of the most common chronic diseases in children. Nearly one child out of every 600 develops it. Children with Type 1 need daily insulin shots to help their bodies use food. This type of diabetes usually peaks around puberty (10 to 12-year-old girls, and 12 to 14-year-old boys). Type 1 diabetes tends to run in families, and whites have a higher incidence of Type 1 diabetes than other racial groups.

Warning signs of Type 1 Diabetes

(Symptoms may occur suddenly)

- Excessive thirst
- Constant hunger
- Excessive urination
- Sudden weight loss for no reason
- Rapid, hard breathing
- Sudden vision changes
- Weakness
- Drowsiness or exhaustion
- Fruity odor of breath

(Source: Juvenile Diabetes Foundation International)

Type 2 Diabetes

Type 2 diabetes occurs when the body cannot make enough -- or can't properly use -- insulin. In the United States, Type 2 diabetes occurs in at least 90% of the population with diabetes. Detecting Type 2 diabetes in children is hard because it can go undiagnosed for a long time since children can have mild or no symptoms, and **blood tests are needed for diagnosis.**

Warning signs of Type 2 Diabetes

Mild symptoms (like Type 1)
OR
No symptoms



Ask your doctor about your child's risk of developing diabetes!

National Women's Health Week May 9-15

National Women's Health Week's focus is on the importance of including simple preventive and positive health behaviors into everyday life. This week encourages awareness about key health issues among all women. Women should contact their doctor to **schedule check-ups and screening services**. Screening tests, such as mammograms and Pap smears, can find diseases early, when they are easier to treat.

National Women's Check-Up Day May 10



Please make an appointment to see your doctor today and don't forget to ask him/her which tests are right for you, when you should have them, and how often. The Breast and Cervical Cancer Screening Program at the Pinellas County Health Department offers **FREE** mammograms and pap smears to all uninsured women aged 50-64 who qualify as low income. To check if you are eligible, please call: **(727) 824 6917**.

ASK A HEALTH PROFESSIONAL MAY ~ Stroke Awareness Month

I'm confused. What is the difference between a heart attack and a stroke?

A heart attack occurs when blood and oxygen to an area of **heart muscle** is blocked, usually by a clot in a coronary artery. A stroke, sometimes called a "brain attack," occurs when blood flow to **the brain** is interrupted.

Heart attacks and strokes are emergencies.
Call 9-1-1 if you think you (or someone else) may be having a heart attack or stroke. Prompt treatment can reduce or limit long-lasting damage to the heart or brain.



If you have a question for a health professional, please write to:

Pinellas County Health Department
Office of Chronic Disease Prevention
205 Dr. Martin Luther King St. N.
St. Petersburg, FL 33701

Or e-mail:
Veronique_Desautels@doh.state.fl.us

For more information about diabetes, women's health, stroke and heart attack, visit these websites:

www.diabetes.org
www.cdc.gov
www.americanheart.org
www.4women.gov
www.ninds.nih.gov
www.pinellaswellness.com

Funding for this newsletter was supported by Cooperative Agreement Number 03135 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Department of Health and Human Services, or the U.S. government.

