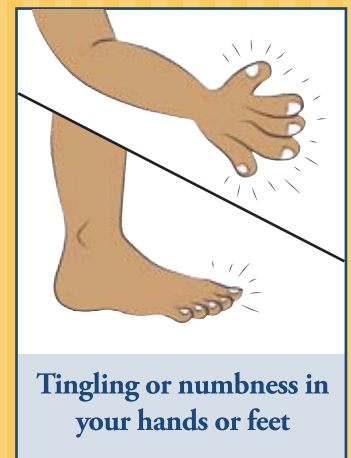
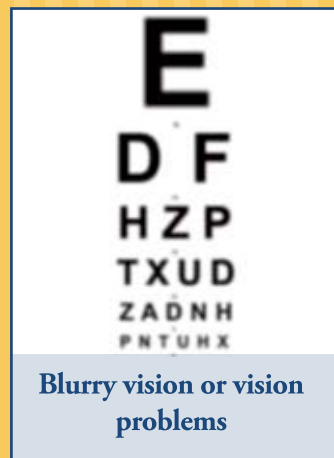
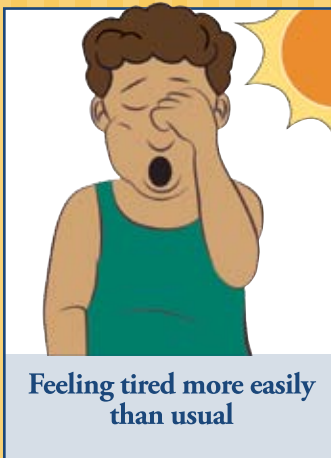
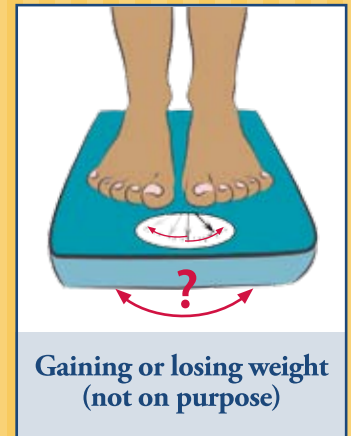


# You May Have Diabetes and Not Know It!

1 out of 3 people who have diabetes do not know that they have it. If you have diabetes, you can find out with a simple test from your health care provider.

How do you know if you might have diabetes? Talk to your doctor or health care provider if you have one or more of these signs:



Many people with diabetes have no signs or symptoms at all. Even if you feel healthy it is important to get regular check-ups!

Find out now if you have diabetes, so you can take care of yourself and avoid getting sicker.

Talk to your doctor or health care provider today!



Papa Ola Lokahi

**Diabetes means that your blood glucose (blood sugar) is too high. Over time, this can damage many parts of the body and cause serious health problems, like heart disease, stroke, blindness, kidney disease, and loss of a foot or leg.**

**There are 2 main types of diabetes:**

**Type 1 diabetes (less common)**—the body does not make insulin (a substance that helps the body turn food that we eat into energy). People with type 1 diabetes need to take insulin every day. Type 1 diabetes is not very common, and people with this type usually find out that they have it when they are babies or young children.

**Type 2 diabetes (more common)**—the body does not make enough insulin or the body does not use insulin well. People with type 2 diabetes often need to take pills or insulin. Type 2 diabetes is the most common form of diabetes. About 95% of Native Hawaiians with diabetes have this type.

**Some people, including Native Hawaiians, are more likely to get diabetes. Ask yourself these questions:**

- Are you Native Hawaiian, Pacific Islander, Asian American, Native American, Hispanic, or African American?**
- Do you have family members with diabetes (such as parents, brothers, or sisters)?**
- Are you overweight?**
- Do you exercise less than 3 times a week?**
- Has a doctor ever told you that you have high blood pressure?**
- Has a doctor ever told you that you have high cholesterol?**
- If you are a woman who has been pregnant, did you ever have diabetes when pregnant or did you give birth to a baby that weighed more than 9 pounds?**

If you answered “YES” to any of these questions, you should ask your doctor or health care provider about getting tested for diabetes.

To learn more about diabetes or to find out how to get tested, call the Native Hawaiian Health Care System on your island. Ask about their health and wellness programs, and let them know if you do not have health insurance or a doctor.

Nā Pu‘uwai  
Moloka‘i  
(808) 553-8288

Ke Ola Mamo  
O‘ahu  
(808) 845-3388

Hui Mālama Ola Nā ‘Ōiwi  
Hawai‘i  
(808) 969-9220

Ho‘ōla Lāhui Hawai‘i  
Kaua‘i, Ni‘ihau  
(808) 240-0100

Hui No Ke Ola Pono  
Maui  
(808) 244-4647

Ke Ola Hou O Lāna‘i  
Lāna‘i  
(808) 565-7204

*Mahalo Pihā to:*

Association of Hawaiian Civic Clubs • Central Maui Hawaiian Civic Club • Hawaiian Civic Club of Honolulu  
Pearl Harbor Hawaiian Civic Club • Nanaikapono Hawaiian Civic Club • Ka Lei Maile Ali‘i Hawaiian Civic Club  
Wai‘anae Hawaiian Civic Club