

# Diabetes

## Pre-reading

### Questions:

- What do you know about diabetes?
- What would you like to know about it?

### Definitions:

- Blurry – harder to see; less clear
- Numb – having lost feeling
- Amputate – to cut off



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## Reading

16 Are you often thirsty? Have you been losing weight? Do you feel tired and have little  
36 energy? Is your vision blurry? Do your feet or hands feel numb? Do cuts take a long time to heal?  
49 If you answered yes to some of these questions, you may have diabetes.

65 Diabetes is a serious disease. It can cause many problems. It can cause problems with your  
82 vision. You could go blind. It can cause problems with your kidneys. They could fail, or quit  
99 working. It can cause problems with your heart. You could have a stroke. It can cause problems  
with your circulation. Some diabetics need to have fingers or toes amputated.

111 Millions of people are diagnosed with diabetes every year. If someone in your family has  
126 it, you are at risk. If you are a person of color, you are at risk. If you are overweight and do not  
149 exercise, you are at great risk. In fact, research confirms that there is a direct link between **obesity**  
167 and the risk of developing diabetes.

173 There is no cure for diabetes, but it can be treated. With proper medical treatment, and careful  
190 diet and exercise, diabetics can live a long and healthy life. Finding out if you have diabetes is  
208 important. At least six million people in the U.S. have the disease and don't know it. If you think  
227 you may be one of them, see your doctor.

## Understanding

1. Who is most likely to be diabetic? \_\_\_\_\_  
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2. What are some symptoms of diabetes? (List at least three.) \_\_\_\_\_  
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3. Why is this disease a serious one? \_\_\_\_\_  
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4. How is it treated? \_\_\_\_\_  
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5. What does the word **obese** mean? \_\_\_\_\_  
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6. How could a person try to prevent becoming a diabetic? \_\_\_\_\_  
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## Writing

Choice A What did you learn from this reading?

Choice B: Write about someone you know who is diabetic. How does he/she manage the disease?

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