

# April is...

# Defeat Diabetes Month

## What is Diabetes?

Diabetes is a serious disease in which the body does not produce or properly use insulin. It affects more than 20.8 million Americans. Insulin is required by the body to convert food to energy—without it, sugar from food cannot enter the body's cells and it builds up in the blood.

The cause of diabetes is not completely understood, but both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

## What are the Signs?

Sometimes people have no symptoms of their diabetes for many years. Some of the **early signs** are: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, vomiting, vision changes, very dry skin, feeling tired, slow wound healing, tingling in hands and feet, and more infections than usual.

**Uncontrolled diabetes is a leading cause of death and disability in the United States.** It can lead to blindness, nerve damage, heart disease, tissue death, and circulatory problems.

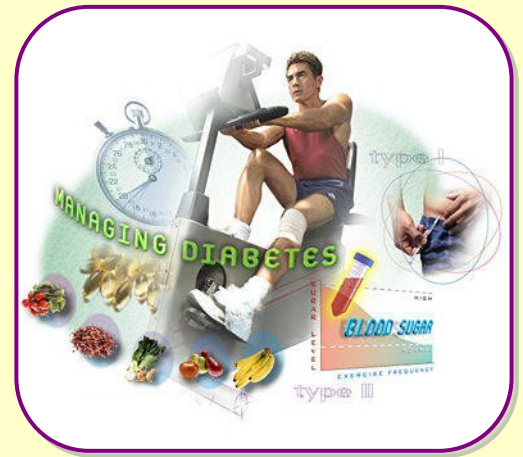
## Call Your Health Coach Today!

If you are struggling with diabetes or concerned about your risk, call Cascade. Cascade will connect you with a health coach who will guide and support you through the process. Your personal health coach will help you with questions such as:

- What are the risk factors?
- How will I be diagnosed?
- How is it treated?

In addition your health coach will help you with diet, weight loss, and an exercise program.

Diabetes can be controlled. Take action and call Cascade today.



## How to Access Your EAP:

- Call Cascade Centers, Inc. toll free at: **1-800-433-2320**
- Email: [esupport@cascadecenters.com](mailto:esupport@cascadecenters.com)
- Visit: [www.cascadecenters.com](http://www.cascadecenters.com) for more information