



NATIONAL DIABETES MONTH

Understanding Diabetes

LAKE CUMBERLAND
DISTRICT HEALTH
DEPARTMENT

Every November, people around the world come together for Diabetes Awareness Month to learn more about diabetes, share stories, and promote a better understanding of this chronic disease. But what exactly is diabetes, and why is it so crucial to raise awareness?

Diabetes is a condition that occurs when your body cannot properly use the food you eat. Normally, when we eat, our bodies convert food into glucose, which is a type of sugar. This sugar enters our bloodstream and provides energy for our cells. Insulin, a hormone produced by the pancreas, helps to move glucose from the blood into the cells. However, in people with diabetes, this process does not work correctly. This can lead to high levels of sugar in the blood, which can cause serious health problems over time.

There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes usually develops in children and

young adults, and it occurs when the body doesn't produce insulin at all. People with Type 1 diabetes need to take insulin daily to survive. On the other hand, Type 2 diabetes is more common and often develops in adults. It occurs when the body does not use insulin properly, which can sometimes be managed with lifestyle changes or medication.

Why is it important to raise awareness about diabetes? For one, the number of people diagnosed with diabetes is on the rise. According to the Centers for Disease Control and Prevention (CDC), more than 37 million Americans have diabetes, and many do not even know they have it. Raising awareness helps people recognize the signs and symptoms, which can lead to earlier diagnosis and treatment. Common symptoms include increased thirst, frequent urination, extreme fatigue, and blurred vision.

During Diabetes Awareness Month, organizations and individuals focus on educating the public about diabetes. Schools, workplaces, and communi-



Green County Judge Executive John Frank signed a proclamation declaring November as Diabetes Awareness Month in Green County.

ties often host events to provide information, share resources, and promote healthier lifestyles. For example, health fairs might include free screenings for blood sugar levels, nutrition workshops, and discussions about the importance of physical activity.

One way to get involved is to participate in local events or share information online. Social media platforms are powerful tools for spreading awareness.

Use the hashtags like #DiabetesAwarenessMonth to connect with others and share facts, personal stories, and tips for managing diabetes.

Another crucial aspect of Diabetes Awareness Month is the focus on prevention. While Type 1 diabetes cannot be prevented, Type 2 diabetes is often linked to lifestyle choices. Maintaining a healthy weight, eating a balanced diet, and staying active can significantly reduce the risk of developing Type 2 diabetes. Schools can play a role by promoting physical activities and healthier food options in cafeterias.

Lake Cumberland District Health Department conducts diabetes classes in all ten counties in the district, both in-person and online. These classes are designed to help individuals learn to manage their diabetes, eat healthy, and become more active. To sign up for a class, visit www.LCDHD.org/diabetes and complete the registration form or call 800-928-4416. These classes are free to attend, and free gifts are provided to attendees.

What to watch for: Seven warning signs for diabetes

Diabetes is a chronic metabolic disease characterized by elevated levels of blood glucose. Diabetes can cause serious damage to the eyes, kidneys, nerves, heart, and blood vessels over time. Type 2 diabetes occurs when the body becomes resistant to insulin or doesn't make enough insulin. The World Health Organization says about 422 million people worldwide have diabetes, and 1.5 million deaths are directly attributed to diabetes each year.

Catching diabetes at its earliest can help individuals avoid long-term damage to the body and improve their overall health. This means recognizing signs that suggest the presence of diabetes and its precursor, prediabetes.

According to OSF Healthcare, an integrated health care network serving individuals across Illinois and Michigan, the following are seven potential warning signs of diabetes.

1. Frequent urination: This is one of the key indicators of diabetes. When diabetes is present, the kidneys work harder to rid the body of excess sugar, producing more urine.
2. Dry mouth and excessive thirst: This goes in conjunction with frequent urination, as the body is trying to increase fluid to alleviate excess sugar.
3. Dry skin: Dry



skin, especially around the feet, can be a symptom of diabetes.

4. Slow-healing wounds: A higher blood sugar level can interfere with the body's ability to heal wounds.

5. Blurry vision: Some people notice vision changes that do not seem to be tied to an eye illness or another condition. This may be a result of diabetes.

6. Weight loss: Sudden weight loss without trying to lose weight is often an indication that something isn't quite right. Diabetes could be the culprit.

7. Yeast infections and UTIs: Women may experience more frequent vaginal yeast infections and urinary tract infections if they have diabetes.

If a person is experiencing any of these conditions, he or she should schedule an appointment with a health care provider to determine if diabetes is to blame.

Diabetes affects many parts of the body

Diabetes affects millions of people across the globe. Data from the International Diabetes Federation indicates that the number of adults with diabetes reached 537 million in 2021. Despite a growing awareness of the disease and ad-

campaigns designed to educate individuals about diabetes prevention, the number of people with diabetes is predicted to rise by more than 100 million by 2030 and reach 783 million by 2045.

Diabetes occurs when the pancreas does not produce sufficient insulin or cannot effectively utilize the insulin it produces. When an individual has diabetes, various parts of that person's body can be affected. Recognizing how diabetes affects the body can shed light on just how debilitating the disease can become.

Eyes

The National Eye Institute notes that chronically high blood sugar from diabetes can cause damage in the retina that ultimately leads to diabetic retinopathy. That's because excessive sugar in the blood can lead to the blockage of tiny blood vessels that nourish the retina. That blockage effectively cuts off the blood supply to the retina, prompting the eye to attempt to grow new blood vessels. However, the Mayo Clinic notes that these new vessels do not develop properly and can leak easily. The longer a person has diabetes and the less controlled their blood sugar is, the more likely they are to develop diabetic

retinopathy, which can cause blindness.

Heart

According to the Michigan-based Beaumont Health, individuals with diabetes are at a higher risk for developing heart disease at a younger age and in a more severe form than those without diabetes. The Centers for Disease Control and Prevention notes that this link is due to the damage that high blood sugar causes to the vessels and nerves that control the heart. In addition, people with diabetes are more likely to have high blood pressure, too much LDL, or "bad," cholesterol in their bloodstream and high triglycerides, which is a type of fat in the blood. Each of these conditions increases a person's risk for heart disease.

Skin

Diabetes also affects the skin. In fact, the Michigan-based not-for-profit group Beaumont Health notes that a skin issue is often the first sign that a person has diabetes. That's because diabetes damages blood vessels in the skin, leading to issues such as diabetic dermopathy. Diabetic dermopathy is characterized by brown, raised patches of skin, typically on the legs. The American Academy of Dermatology reports that, when diabetes affects the skin, this is often a sign that blood sugar levels are too high. The AAD offers a list and brief rundown of the various ways diabetes and prediabetes can affect the skin at aad.org/public/diseases/a-z/diabetes-warning-signs.

Kidneys

The National Kidney Foundation notes that diabetes damages small blood vessels throughout the body, including in the kidneys. When vessels in the kidneys are damaged, the kidneys cannot clean blood properly. As a result, the body retains more water and salt than it should, which produces a host of negative consequences, including weight gain and the buildup of waste materials in the blood. In addition, elevated blood sugar levels force the kidneys to work harder. Over time, all that extra work can lead to kidney failure.

Diabetes is a potentially deadly, yet sometimes preventable disease. By taking measures to safeguard themselves, individuals also are protecting various parts of their body from the

effects of the disease.



GREEN COUNTY FARM BUREAU



Member Appreciation Day

FOR GREEN COUNTY MEMBERS ONLY

Friday, November 14, 2025
11:00 a.m. - 1:00 p.m. CT

*Please join us for food,
prizes, and fellowship*



Lunch prepared by



**GREEN COUNTY
CATTLEMEN'S
ASSOCIATION**

295 INDUSTRIAL PARK, GREENSBURG, KY 42743

Bid Advertisement

Greensburg Safer Routes to School Project:

The City of Greensburg is advertising a project to extend sidewalks along Carlisle Avenue, construct a new entrance to the ATC site and construct a path along Industrial Park Road in Greensburg. Bid documents such as plans and specifications are available at Greensburg City Hall located at 110 W Court Street, Greensburg, KY 42743 during normal business hours of M-F 8:00 – 4:00 pm CT.

Bidders must conform to all applicable Federal and State laws which govern such purchases. A mandatory pre-bid meeting will be held on Thursday, November 20, 2025 at 10:00 AM, Central Time at the Greensburg City Hall. All prospective bidders must attend the mandatory pre-bid meeting. Only those bids from contractors and Disadvantaged Business Enterprises (DBE) subcontractors prequalified with the Kentucky Transportation Cabinet at time of bid submission will be considered.

All bids must be accompanied with a Bid Bond of not less than 5% of the total construction bid. A DBE goal of 0% has been established for this contract.

Bids must be received by 10:00 A.M. central time on 12/05/2025, at Greensburg City Hall in a sealed envelope labeled with the bid number, identification of bid, and bidder's name and address on the front of the envelope. The entire proposal must be returned in order to be considered. Bids received after that time will not be accepted. The bids shall be opened on 12/05/2025 at 10:05 AM Central Time.

Any bid which is not submitted as directed herein may, at the discretion of the Mayor or Greensburg City Council, be rejected. No faxed or emailed bids will be accepted. The City of Greensburg reserves the right to reject any or all bids, or to waive any irregularities in bids, and to accept the lowest responsive and responsible bid. The City of Greensburg also reserves the right to extend the terms of a currently accepted bid price for additional periods beyond the original if both parties are in agreement.