



# Check It Out

NOVEMBER 2016 • YOUR GUIDE TO THE LAREDO  
REGIONAL CAMPUS LIBRARY

## LIBRARY HOURS

MONDAY

9 AM—5 PM

TUESDAY

9 AM—5 PM

WEDNESDAY

9 AM—5 PM

THURSDAY

9 AM—5 PM

FRIDAY

8 AM—12 PM

SATURDAY

CLOSED

SUNDAY

CLOSED

## American Diabetes Month

Did you know that 1 in 11 Americans today has diabetes? Despite its prevalence, diabetes is an invisible disease. It affects men and women, people young and old, and people of all races, shapes and sizes. Often there are no outward signs from the 29 million Americans who fight this chronic illness every day. That's why there is a critical need to foster awareness and education while breaking down stereotypes, myths and misunderstandings about this growing public health crisis that affects so many of us.



**1 in 11**  
Americans has  
diabetes today.



Every **23 seconds**,  
someone in the  
U.S. is diagnosed  
with diabetes.



**86 million**  
Americans are at  
risk for diabetes.



Diabetes causes  
more deaths than  
AIDS and breast  
cancer combined.

Diabetes is more than the medications and devices used to manage it. For many, diabetes dictates how they organize their day, what they eat at every meal, how they choose to be physically active and how they spend their money. People with diabetes can have health care costs that are 2.3 times higher than someone without diabetes, as type 1 and type 2 require very specific forms of treatment.

Type 1 diabetes is an autoimmune disease usually diagnosed in children and young adults, and there is no known way to prevent it. Approximately 5 percent of people with diabetes have type 1, which means their body does not produce any insulin. Insulin is critical in order for the body to transport glucose (sugar) from the bloodstream into cells for energy. People with type 1 diabetes must take insulin every day to live.

Type 2 diabetes is the most common form of diabetes, accounting for 90 to 95 percent of cases in the United States, and is caused when the body does not produce or use insulin properly. Risk factors for developing type 2 diabetes include being overweight, having a family history of diabetes and having diabetes while pregnant (gestational diabetes). Some people with type 2 diabetes can control their blood glucose (sugar) with healthy eating and being active; other may require oral medications or insulin, especially as the disease progresses. Type 2 diabetes is more common in African Americans, Latinos, Native Americans and Asian Americans/Pacific Islanders, as well as older adults.

Some women develop gestational diabetes, high blood glucose (sugar) levels during pregnancy, which requires treatment to protect the health of the mother and the baby. Gestational diabetes affects approximately 9.2 percent of pregnant women.

There's a way for everybody to participate during American Diabetes Month in November. Share your story, or encourage a friend or family member to share theirs using #ThisIsDiabetes. Be sure to also follow the American Diabetes Association on [Facebook](#), [Instagram](#), and [Twitter](#).

## EYL

\*Please note that the library will be closed on Thursday and Friday, November 24th and 25th, in observance of the Thanksgiving holiday.

\*Please note that copying services are currently out of order. The library is in the process of acquiring new equipment. We apologize for the inconvenience. In the meantime, please keep in mind that print services are functioning and still available.

