

# EASY C FACTS

Diabetes is a condition that prevents certain type of foods called carbohydrates (carbs—sugars in the form of milk, bread, vegetables, etc.) from being processed by the body. Diabetes, if left unchecked, can cause very serious health problems including death. The most common type of diabetes is called type 2 Diabetes. There are about 25 million Americans who have diabetes and most do not know they have it.

## Diabetes

People who are infected with chronic hepatitis C are more likely to have diabetes especially those who are older and overweight.

Recent studies have not found that hepatitis C causes diabetes. But, diabetes can affect your health and how much damage can occur in the liver.

Diabetes can be diagnosed with various blood tests. If someone is diagnosed with diabetes there are many things they can do to stay healthy, such as diet, exercise and taking diabetes medications to make sure that their blood sugars are at healthy levels.

Talk with your doctor or nurse to get tested for diabetes—you want to remain as healthy as possible to fight HCV.

## REMEMBER

The symptoms of diabetes include:

- Fatigue
- Thirsty—always drinking water and other liquids
- Hungry all the time
- Constant urination (peeing)

**Get Tested. Get Treated. Get Cured.**

[www.hcvadvocate.org](http://www.hcvadvocate.org)



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