

Do You Know The Warning Signs?

- Extreme thirst
- Frequent urination
- Sudden vision changes
- Sugar in urine
- Fruity, sweet, or wine-like odor on breath
- Increased appetite
- Sudden weight loss
- Drowsiness, lethargy
- Heavy, labored breathing
- Stupor, unconsciousness

Type 2 Diabetes*

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

*Often people with type 2 diabetes have no symptoms

For more information about juvenile diabetes:

Michael's Miracles

<http://www.michaelsmiracles.net>

The Juvenile Diabetes Research Foundation

<http://www.jdrf.org/>

The American Diabetes Association

<http://www.diabetes.org/>

How you can help:

- Volunteer to help at an event
- Make an in kind donation
- Make a monetary donation
- Participate in an event

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MICHAEL'S MIRACLES

Raising Funds & Awareness for Juvenile Diabetes



*"The journey of a thousand
miles begins with a
single step."*

- Lao Tzu

What is Diabetes?

Diabetes is a chronic, debilitating disease affecting every organ system. There are two major types of diabetes: type 1 and type 2. Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. Type 1 diabetes usually strikes in childhood, adolescence, or young adulthood, and lasts a lifetime. Just to survive, people with type 1 diabetes must take multiple injections of insulin daily or continually infuse insulin through a pump. Type 2 diabetes is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively. Type 2 is usually diagnosed in adulthood and does not always require insulin injections. However, increased obesity has led to a recent rise in cases of type 2 diabetes in children and young adults.

Taking insulin does not cure any type of diabetes, nor does it prevent the possibility of the disease's devastating effects: kidney failure, blindness, nerve damage, amputation, heart attack, stroke, and pregnancy complications.*

The Scope of Diabetes

- Nearly 24 million Americans have diabetes (7.8 percent of the population):

Diagnosed: 17.9 million
Undiagnosed: 5.7 million
- As many as three million Americans may have type 1 diabetes.
- Diabetes currently affects 285 million people worldwide and is expected to affect 435 million by 2030.
- In the U.S., a new case of diabetes is diagnosed every 30 seconds; more than 1.6 million people are diagnosed each year.*

The Cost of Diabetes

- Diabetes is one of the costliest chronic diseases.
- In 2007, diabetes accounted for \$174 billion in health care costs in the U.S.
- Diabetes accounts for 32 percent of all Medicare expenditures.
- The nation spent \$11,744 annually on each person with diabetes in 2007 compared to \$2,935 on each person without diabetes.
- Americans with diabetes incur medical expenses that are approximately 2.3 times higher than those incurred by Americans without diabetes.
- U.S. hospital stays related to diabetes totaled \$58.3 billion in 2007.
- An estimated 22 percent of hospital inpatient days in the U.S. were incurred by people with diabetes in 2007.*

The Harm Caused by Diabetes

Damage to Many Organ Systems: Diabetes is the leading cause of kidney failure, adult blindness, and non-traumatic amputations. It is also a leading cause of nerve damage.

Increased Heart Disease Risk: People with diabetes are two-to-four times more likely to have a heart attack or stroke than people without the disease.

Shortened Life: Diabetes kills one American every three minutes and is the seventh leading cause of death in the U.S. Life expectancy for people with diabetes has historically been shortened by an average of seven to 10 years, and the risk of death for people with diabetes is about double that of people of similar age without diabetes.*

* *Type 1 Diabetes, 2004; KRC Research for JDRF, Jan. 2005*

Michael's Miracles

Our son Michael was diagnosed with juvenile diabetes in March 2008. We made a promise to him that we would do everything possible to help find a cure. While finding a cure for juvenile diabetes is the ultimate goal, Michael's Miracles would like to ensure that every child gets the proper and essential care they need to live long, healthy lives. We also aim to keep families affected by this disease mentally and physically strong, allowing them to deal with the daily life of living with diabetes.

With the majority of work being done by family and friends, Michael's Miracles is taking little steps to ensure that we not only meet our goals but surpass them. We cannot exceed our expectations without the generosity of family, friends and the businesses in our surrounding communities who support our fundraising efforts year after year.

Michael's Miracles has held numerous events to raise money and awareness for juvenile diabetes. We have held golf outings, events at local baseball stadiums and gold parties. This year we have lined Somerset Street in Raritan Borough with blue ribbons to celebrate National Diabetes Awareness Month. For more information about Michael's Miracles or future fundraising events visit us on the web at www.michaelsmiracles.net and on Facebook.

Michael's Miracles: Raising funds and awareness for juvenile diabetes – Because we live with it every day.

