

What to look for:

- excessive thirst
- sudden weight loss
- fruity or sweet breath
- frequent urination
- increased appetite
- drowsiness

If you or a loved one is experiencing one or more of the symptoms listed above you should consult your doctor immediately. Type 1 diabetes can be life threatening.

TYPE 1

Warning Signs for Diabetes:

- excessive thirst
- blurred vision
- tingling or numbness in hands or feet
- frequent urination
- extreme unexplained fatigue
- frequent skin, bladder, gum or feet infections

In some cases of type 2 diabetes there are no symptoms. People can live for months, even years without knowing they have the disease. This form of diabetes comes on so gradually that symptoms may not even be recognized.

TYPE 2



info@stjda.org

www.stjda.org

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Contact us today and let us know how we can help you
Available 24 hours, 7 days a week



Changing the Rio Grande Valley one Diabetic Child at a Time



MISSION:

To enhance the lives of children with diabetes through personal empowerment, family support, community awareness and public advocacy.

www.stjda.org

VISION:

Empowering Children, Supporting families and Educating the Community

We Provide

South Texas Juvenile Diabetes Association is here to support and advocate for diabetic children and their families. Do you have a loved one at risk for diabetes or diagnosed with diabetes?

Contact us - we can help!

Here are some of the STJDA services you can count on:

- Raise diabetes awareness in the community
- Strength group meetings and fun outings for parents and children
- Support with school-related diabetes issues
- Diabetes education for parents and family

We Organize

Shots Spots Bears

Camp Freedom

Sweet Run

The Shot Spots Bears are given by STJDA to newly diagnosed children through our local hospitals. Visit www.stjda.org to find out how you can get involved.

Strength Group Meeting

It is important for parents and children to know that they are not alone in living daily with diabetes. For this reason we provide monthly strength group meetings where parents and children are given a platform to speak about living with and managing diabetes.

- Diabetic guidance
- Family support
- Informative materials
- Diabetes education
- Monthly gatherings
- A place to receive information about diabetes
- Belong to a community of families
- Guest speakers
- Diabetic guidance

How Can You Get Involved?

STJDA is a non-profit 501(c)3 organization.

For information on how to get involved contact us at: www.stjda.org or via email at info@stjda.org.

Visit us online at www.stjda.org to explore topics that matter most to you. You'll find information on upcoming events, meetings, school diabetic resources, diabetes health and diet and many other related subjects to healthy living with diabetes.

STJDA was started by parents of diabetic children as a support system that helps both diabetic children and their families.

Diabetic children are a special group of individuals who live every day with unique challenges.

Juvenile diabetes affects the whole family, so the whole family is encouraged to participate with STJDA.

Remember: *you are not alone in your struggles with this chronic disease.*