







DON'T LET THE LIGHTS GO OUT

Diabetes of both types can seriously affect your vision



HEALTHY SAVINGS WITH CO-OP CONNECTIONS!

Show your Co-op Connections Card or use your Co-op Connections App at participating businesses and pharmacies, and save on your healthy needs!

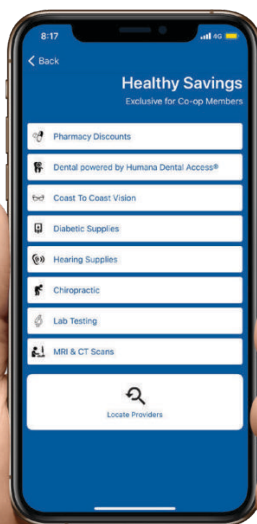
-  Prescriptions
-  Dental
-  Vision
-  Hearing
-  Lab Work
-  Chiropractor Visits

Visit HealthySavings.coop for immediate health discounts. Find all the ways to save at MedinaEC.org/Connections.



Your Touchstone Energy® Cooperative

This program is not insurance; it is a discount benefit that offers immediate savings. This institution is an equal opportunity provider and employer.



South Texas residents are beset by many of the same health issues and have long been walking a fine line at the verge of a diabetes diagnosis.

One of the long-term detrimental effects of diabetes is to the eyes, and there is a risk to each of us that the disease may seriously impair our vision.

Diabetes mellitus is a group of diseases that affect how your body uses blood sugar, or glucose.

Glucose is vital to your health because it's an important source of energy. Chronic diabetes — diabetes that doesn't go away — can be type 1 or type 2. Both diseases can have devastating consequences for your eyes.

Type 1 diabetes used to be known as juvenile

diabetes or insulin-dependent diabetes. It's a chronic condition where the pancreas produces little or no insulin, a hormone needed to allow glucose to enter cells and produce energy. Type 1 diabetes can be caused by different factors, including genetics and some viruses. It is typically diagnosed during adolescence, but it also can develop in adults.

With type 2 diabetes, there are primarily two problems. The first is that the pancreas doesn't produce enough insulin. The second is that the cells respond poorly to insulin and take in less sugar. It used to be known as adult-onset diabetes because it's more common in adults, but children can get it, too.

(See **VISION**, Next Page)