

WHAT IS DIABETES?

Diabetes is a chronic illness in which the pancreas does not produce enough insulin or the insulin produced does not work correctly. The job of insulin is to carry sugar from your blood into your cells to be used for energy. Over time, high blood sugars can lead to serious health issues.

Type 1 Diabetes

- The pancreas produces very little to no insulin.
 - The body's immune system attacks and destroys insulin-producing cells in the pancreas
 - Usually begins before age 20, but can occur in adults
- Treatment: insulin injections for life, diet, exercise, self-management.

Type 2 Diabetes

- The pancreas produces a lot of insulin initially but the body may not use it properly.
 - People with type 2 diabetes are usually insulin resistant.
 - The most common type and strongly hereditary.
- Treatment: diet, exercise, self-management and, when needed, medications and/or insulin.

HYPERGLYCEMIA (HIGH BLOOD SUGAR)

Symptoms:

- Thirst
- Frequent urination
- Hunger
- Tiredness
- Blurred vision
- Slow healing wounds
- Frequent yeast infections or other infection

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Symptoms:

- Shaking
- Sweating
- Confusion
- Dizziness
- Hunger
- Tiredness
- Headaches
- Irritability
- Nervousness
- Weakness

TARGET BLOOD SUGAR LEVELS IF YOU HAVE DIABETES*

Fasting	80–130 mg/dL
Before meal	80–130 mg/dL
After a meal	Less than 180 mg/dL
A1c	Less than 7%

*Your doctor may have other blood sugar targets/goals depending your medical conditions

RECOMMENDATIONS

- See your health care provider on a regular basis
- Monitor your blood sugar levels
- Take medication if needed
- Make lifestyle changes to include healthy eating habits and staying active
 - Lose 7% of your body weight (or 15 pounds if you weigh 200 pounds)
 - Exercise moderately (such as brisk walking) 30 minutes a day, five days a week
 - Reduce stress
 - Reduce cholesterol levels
 - Control blood pressure
- Get educated; attend Diabetes Self Management Class

HEALTHY EATING

- Choose 100% whole wheat, lean protein, non-starchy vegetables and **WATER**.
- Avoid sugary beverages and candies
- Limit cakes and cookies

References: Diabetes Management Book, American Diabetes Association, Academy of Nutrition and Dietetics