



# DIABETES



# WHAT IS DIABETES?

- Diabetes is the seventh leading cause of death in the United States
- When you have diabetes, your body either doesn't make enough insulin or cannot use its own insulin as well as it should
- It causes sugars to build up in your blood and can cause serious health complications including heart disease, blindness, kidney failure, and lower extremity amputations

# TYPES OF DIABETES

| TYPE 1   | TYPE 2   |
|--|--|
| <ul style="list-style-type: none"><li>• Known as childhood diabetes</li><li>• Insulin-dependent</li><li>• Caused by an autoimmune reaction in which the body's defense system attacks the insulin cell producers</li><li>• Accounts for 5-10% of all diagnosed cases</li></ul> | <ul style="list-style-type: none"><li>• Known as adult diabetes</li><li>• Noninsulin-dependent</li><li>• Generally able to control their glucose levels in their blood by maintain a healthy diet and performing regular exercise</li><li>• Accounts for 90-95% of all diagnosed cases</li></ul> |

# CAUSE OF TYPE 2 DIABETES

- Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin
- Exactly why this happens is unknown, although genetics and environmental factors, such as excess weight and inactivity, seem to be contributing factors

# INSULIN

- What is insulin?
  - It is a hormone that comes from the gland situated behind and below the stomach
  - The hormones are chemical messengers that circulate in the blood sending messages to other parts of the body
- If you have type 2 diabetes your body does not use insulin properly and cannot make enough insulin to keep your blood glucose (sugar) at normal levels

# TYPE 2 DIABETES RISK FACTORS

- Risk factors include:
  - ▣ Obesity
  - ▣ Age
  - ▣ Family history
  - ▣ Prior history of gestational diabetes
  - ▣ Impaired glucose tolerance
  - ▣ Poor diet & exercise
  - ▣ Race/ethnicity
- Hispanics are at a higher risk for type 2 diabetes than non-Hispanic Caucasians



# SYMPTOMS

- Signs and symptoms often develop slowly
- Look for:
  - Increased thirst and frequent urination
  - Increased hunger
  - Weight loss
  - Fatigue
  - Blurred vision
  - Areas of darkened skin
  - Slow-healing sores or frequent infections



# TYPE 2 DIABETES SCREENINGS

- The American Diabetes Association recommends routine screening for type 2 diabetes beginning at age 45
  - If the results are normal, repeat test every 3 years
- Also recommended for people who are under 45 and overweight





# TREATMENT

- Management of type 2 diabetes includes:
  - Healthy eating
  - Regular exercise
  - Possibly, diabetes medication or insulin therapy
  - Blood sugar monitoring



# MYTHS

The following statements are commonly believed to be true, but are actually false.

# MYTH #1



“People with diabetes cannot eat sweets or chocolate.”

# MYTH #1: FALSE

- If eaten as part of a healthy meal plan, and combined with exercise, sweets and desserts can be eaten by people with diabetes
- The key is to have small portions and focus your meal on more healthful foods

# MYTH #2

“People with diabetes should eat special diabetic food.”



# MYTH #2: FALSE

- A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone
- Eat a balanced diet including lean proteins, vegetables, whole grains, and fruit

# MYTH #3



“If you are overweight or obese, you will eventually develop type 2 diabetes.”

# MYTH #3: FALSE

- Being overweight is a risk factor for developing this disease, but other risk factors such as family history, and age also play a role.
- The best thing to do is to be proactive, live a healthy lifestyle and get screened when necessary



# MYTH #4

“Diabetes is not that serious of a disease”



# MYTH #4: FALSE

- Diabetes causes more deaths a year than breast and AIDS combined
- Having diabetes nearly doubles your chance of having a heart attack
- The good news is that it can be controlled and reduce your risk for complications

# HOW TO START

- Take control of your health and reduce your risk of developing type 2 diabetes
  - Eat healthy with plenty of fruits and vegetables
  - Get moving with regular physical activity
  - Stay at a healthy weight
  - Stay away from tobacco
  - Limit how much alcohol you drink
  - Know yourself, your family history, and your risks
  - Have regular check-ups and screening tests

# TIPS & TRICKS



Find your support system. It could be a friend, co-worker, neighbor or family member.

# TIPS & TRICKS

Lower your  
stress.



# TIPS & TRICKS



Check your  
blood glucose  
regularly.

# TIPS & TRICKS

Educate family  
and friends.



# TAKE CONTROL!

## Scenario:

My father was a diabetic, I am a diabetic, therefore my children will be diabetic as well.



# CONTROLLING DIABETES IS POSSIBLE

My dad and brother have diabetes. I routinely checked it every year but was not doing anything to prevent it. I would not eat anything all day and I would eat a large meal at night. I know now that this could have been part of why my blood sugar would be at 100 and then at 240. I began to feel tired, thirsty, and have blurred vision. In denial, I began looking for reasons for my symptoms. At the time that I was diagnosed with diabetes, I changed my habits so I could prevent having to take medications. I walk at least 30 minutes for 3 to 5 days each week and I am disciplined about what I eat. It is not easy but I have been able to keep my levels low without medication. It's not impossible nor do I have to deprive myself of food. If I know there is a party coming up that I know I'll want to eat more rich foods, either the day before or the day after I know I need to do more exercise to balance out.



**Alfredo Hernandez**

7 years with diabetes under control

# NEXT STEP



Start today because Your Health Matters!

# THE PLAN

| Disadvantages | Advantages |
|---------------|------------|
|               |            |
|               |            |
|               |            |
|               |            |
|               |            |
|               |            |

# THE PLAN

- On a scale of 1-10, how confident are you that you can eat healthy portions daily?



Less  
Important

Very  
Important

# MAKE A PLAN

**Setting goals is the key to success.  
Write small, clear and realistic goals.**

What part of your plate is vegetables?

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How do you remember the portions?

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When will you start eating healthy portions?

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