

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

- Known as childhood diabetes
- Insulin-dependent
- Caused by an autoimmune reaction in which the body's defense system attacks the insulin cell producers
- Accounts for 5-10% of all diagnosed cases

TYPE 2

- Known as adult diabetes
- Noninsulin-dependent
- Generally able to control their glucose levels in their blood by maintain a healthy diet and performing regular exercise
- Accounts for 90-95% of all diagnosed cases

CAUSE OF TYPE 2 DIABETES

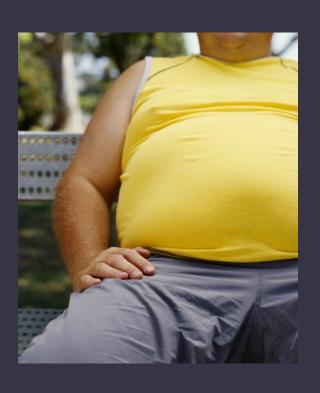
- Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin
- Exactly why this happens is unknown, although genetics and environmental factors, such as excess weight and inactivity, seem to be contributing factors

INSULIN

- □ What is insulin?
 - It is a hormone that comes form 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."



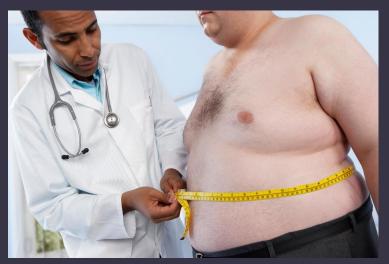


MYTH #2: FALSE

- 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





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



Lower your stress.







Check your blood glucose regularly.



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 was 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 beacuse Your Health Matters!

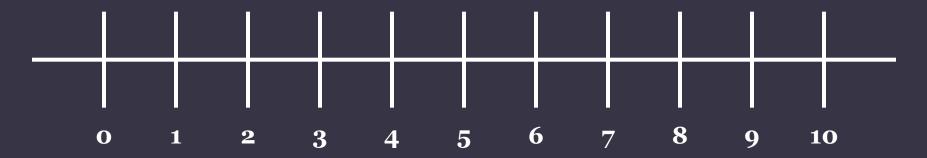
THE PLAN

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 sucess. Write small, clear and realistic goals.

What part of your plate is vegetables?

How do you remember the portions?

When will you start eating healthy portions?



REFERENCES

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