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Managing Your Diabetes



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WHAT IS DIABETES?

Type I Diabetes

Type I Diabetes means that the body does not make insulin. Insulin is a hormone that is needed to convert sugar (glucose), starches and other food into energy needed for daily life. Type I diabetics must take insulin shots every day along with diet and exercise.

Type II Diabetes

Type II Diabetes means that the body does not produce enough insulin or the cells ignore insulin. Type II diabetics use a combination of diet, exercise and oral medications to control their sugar. Type II diabetics may require insulin over time. Although uncontrolled diabetes can lead to serious medical problems, if your diabetes is well controlled you should live a healthy normal life.

Some Important things to know:

- ✓ **Hemoglobin A1C** is obtained through a laboratory blood draw and represents your average blood sugar over 3 months. The American Diabetes Association currently recommends a level of **less than 7%**.
- ✓ **Finger stick Glucose Check** shows your blood sugar at that particular time.
 - In the morning, before you eat, blood sugar should be between **70-120**.
 - During the day, after you have eaten, blood sugar should be **below 180**.
- ✓ **Blood Pressure** for people with diabetes should be **below 130/80**.
- ✓ **Total Cholesterol** should be **below 200**.
- ✓ **Bad Cholesterol (LDL)** should be **below 100**.
- ✓ **Good Cholesterol (HDL)** should be **above 40**.
- ✓ **Triglycerides** should be **below 150**.

What can happen if you don't take care of your diabetes:

- Increased Risk of Heart Disease and Stroke (especially if you smoke)
- Kidney Disease and Failure (especially if you also have high blood pressure)
- Eye Disorders such as Glaucoma, Cataracts and Retinopathy which may lead to blindness
- Nerve Damage which most often affects the Feet and Legs

How you can help to Control your Diabetes:

- ❖ Follow a healthy diet and avoid foods that are high in sugar and fat
- ❖ Be physically active for at least 30 minutes a day 5 days a week
- ❖ Take your medications as prescribed
- ❖ Monitor and record your blood sugar if you have a blood glucose machine
- ❖ Check your feet every day for cuts, blisters, sores, or redness
- ❖ Brush and floss your teeth regularly
- ❖ Control your blood pressure and cholesterol
- ❖ Don't smoke
- ❖ See your medical provider regularly so you can work together in setting and attaining your health goals to better manage your diabetes.