

DIABETES 101

<http://ccesuffolk.org/community-education>



WHAT IS DIABETES?

A chronic health condition in which the body has high blood sugar levels. If left uncontrolled, it can negatively affect many systems within the body. There are multiple types of Diabetes.

TYPES OF DIABETES:

- **Type 1 Diabetes:** Body produces very little to no insulin. Often diagnosed in childhood.
- **Type 2 Diabetes:** Most common form of Diabetes (90% of cases). Body does not make good use of the insulin that it does produce. Usually diagnosed in adulthood, although childhood cases are rising.
- **Gestational Diabetes:** Occurs during pregnancy.
- **PreDiabetes:** Blood sugar level is higher than it should be but not enough for Diabetes diagnosis.



Poorly Controlled Diabetes

An A1C of 7 or lower is considered controlled.

Can lead to:

- Cardiovascular disease
- Nerve damage
- Kidney damage
- Eye damage
- Foot damage
- Poor immune response
- **And more!**

Common Symptoms:

- Blurry vision
- Pins and needles
- Poor wound healing
- Skin infections
- Sexual disorder
- Frequent urination
- Unexplained weight loss
- Fatigue
- Dizziness
- Excessive thirst
- **None at all!**



With positive lifestyle changes, you can keep your blood sugar levels controlled and may be able to prevent further damage.

This may done through: nutrition, exercise, monitoring your blood sugar, medication, and keeping up with your healthcare appointments.



Your healthcare team may consist of:
Your physician or provider, Registered Dietitian, Diabetes Educator, Podiatrist, Ophthalmologist, Pharmacist, Mental Health Specialist and Dentist.

It is important to find a team that you feel comfortable with.

Self Testing Your Blood Sugar

Testing your blood sugar at home is an important part of keeping your Diabetes controlled.

Blood Sugar Targets:

- Pre-meal: 80-130 mg/dl
- 2 hours post meal: <180 mg/dl
- Your provider may give you individualized targets.

Blood Sugar Testing Supplies:

- Glucometer
- Lancets and lancet device
- Strips
- Alcohol wipes

Glucometer Tips:

- .Never share a glucometer with someone else.
- Make sure that the date and time are correct.
- Pick the side of your finger rather than the very tip.
- Switch up the testing location: test a different finger or side of finger every time.
- Dispose of needles in a sharps container or a hard plastic tub.

High & Low Blood Sugar

Hypoglycemia (Low Blood Sugar):

- May occur due to meal skipping, exercise or certain medications.
- .Below 70 mg/dL

Common Symptoms:

- Shaking
- Sweating
- Rapid heartbeat
- Headache
- Hunger
- Weakness
- Fatigue
- Anxious
- Irritable
- Dizziness
- *Nothing at all!*

What to do:

- *15 15 rule*
- *Consume 15 g of simple carbohydrates:* 1/2 cup of juice or soda, 4 glucose tablets
- Wait 15 minutes
- Recheck Blood Sugar.
- If blood sugar is rising, eat a balanced snack or meal.
- If it's still below your target range, have another serving. Repeat these steps until it's in your target range or call 911.

Hyperglycemia (High Blood Sugar):

- May occur due to excessive consumption of carbohydrates, incorrect medication, sickness or stress

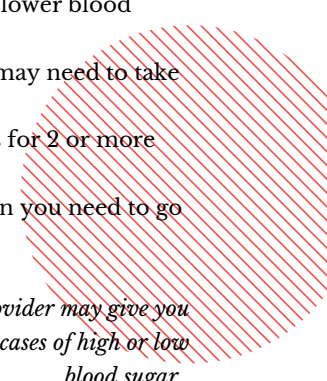
Common Symptoms:

- Nausea
- Drowsiness
- Blurred vision
- Dry skin
- Hunger
- Extreme thirst
- Frequent urination

What to do:

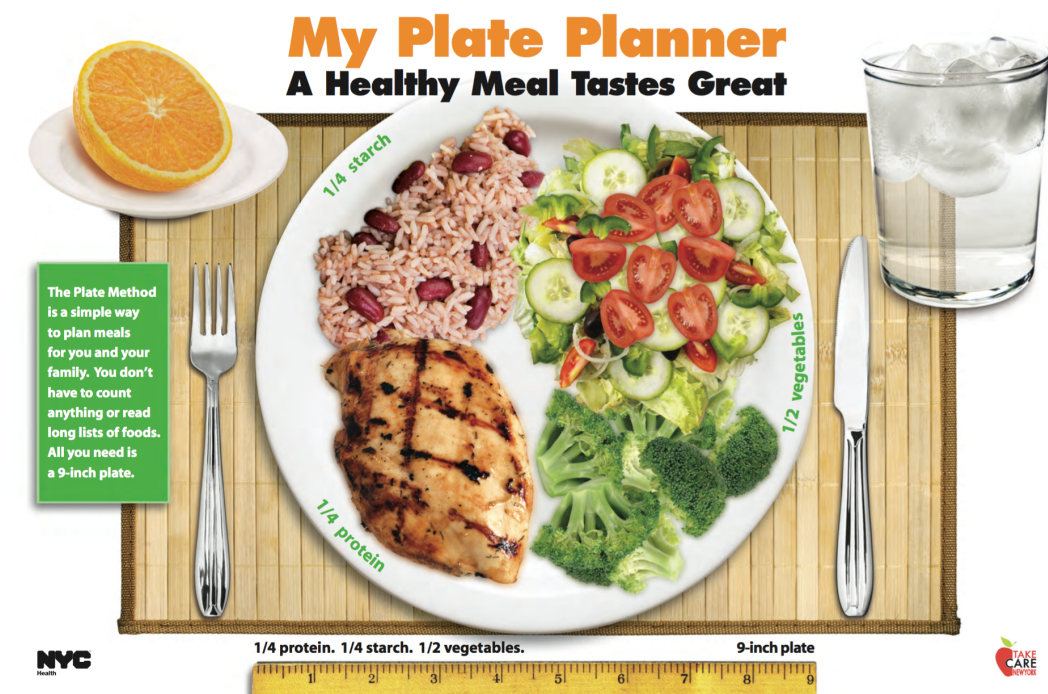
- Drinking water & walking may help lower blood sugar level.
- If instructed by your provider, you may need to take a medication to help lower it.
- If over 250mg/dl with no symptoms for 2 or more days call your provider.
- Speak to your provider to learn when you need to go to the ER

**These are general guidelines. Your provider may give you individualized directions for what to do in cases of high or low blood sugar.*



NUTRITION BASICS

- Follow MyPlate planner for majority of meals
 - Make 1/4 of Your Plate Carbs (Raise Blood Sugar):
 - Bread, Rice, Pasta, Tortillas, Oats, Potatoes, Corn, Beans, Peas, Milk, Fruit, etc.
 - Make 1/4 of your Plate Protein
 - Lean Meat, Fish, Eggs, Low Fat Cheese, Nuts/Seeds, Soy Products (Tofu) and Meat Alternatives, etc.
 - Make 1/2 of Your Plate Vegetables
 - Nonstarchy Vegetables: Spinach, Broccoli, Asparagus, Beets, Chayote, Cauliflower, Eggplant, Jicama, Cucumber, Peppers, etc.
- Snacks: Carbohydrate + Protein or Healthy Fat
- Avoid Skipping Meals
- Choose Whole Grains & Healthy Fats
 - Whole Grains: Brown rice, Whole Wheat Pasta, Whole Wheat Tortillas, Oats
 - Healthy Fats: Fish, Olive Oil, Nuts/Seeds, Avocado, etc.
- Use your Glucometer as a tool
 - If you eat a meal and your blood sugar gets too high as a result, adjust it by reducing the carbohydrate portion and adding protein, fat or vegetables. Then, retest and see if your numbers are in normal range!



EXERCISE BASICS

- Helps to lower blood sugar
- May have to add an additional snack to avoid hypoglycemia.
- Maintenance AND correction
- Speak to your provider
- Start off slowly
- Try to incorporate it daily
- Make it FUN!



MEDICATION MANAGEMENT

- **Be consistent:**
 - Many Diabetes medications need to be taken at specific times in order to work well.
 - Avoid skipping, even if you feel well.
- **Know the names, dosages, and how they work**
- **Ask: Do the need to be taken with regards to meals?**
- **Report any concerns or side effects to your provider**
- **Medications only work if you take them correctly**



RESOURCES

- **Diabetes.org**
- **Diabetes Blogs:**
 - <https://blogs.cornell.edu/communityeducation/category/diabetes/>
- **Diabetes Podcasts:**
 - <https://soundcloud.com/user-45057337-113488837>
- **Our Facebook Page:**
 - <https://www.facebook.com/communityeducationccesuffolk>

