

10 things that
EVERYONE
should know about
DIABETES

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#1 WHAT IS DIABETES

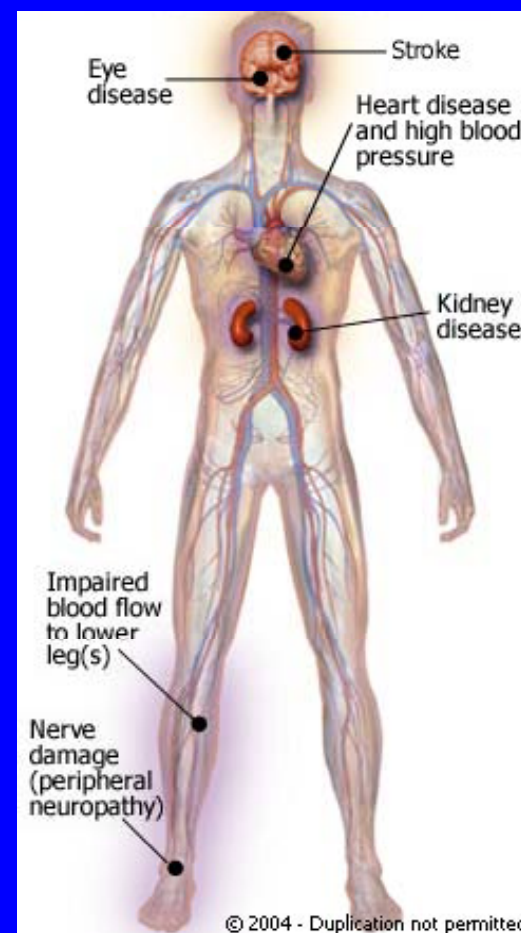
- A disease in which the body cannot control blood sugar with the hormone insulin
- Type 1 (10%): Pancreas cannot make insulin
- Type 2 (90%): Pancreas cannot make enough insulin, or the body cannot use it properly
- Diabetes is a CHRONIC illness -- there is no cure, only control
- 21 Million people in US have Diabetes
- Latinos have a higher risk of developing Diabetes than most other groups

#2 WHY WE SHOULD CARE

FIFTH leading cause of death in US

Complications include

- Stroke
- Blindness
- Heart Attack
- Kidney Failure
- Nervous System Damage
- Amputations



#3 DIABETES CAN BE PREVENTED

Overweight + Inactivity + Stress → **DIABETES**

Small Steps can reduce risk!

- Reduce portion sizes: Less on your plate!
- Healthy choices: Increase fresh fruits & vegetables, whole grains
- Eat slowly: Taste your food & enjoy it!
- Move more every day
- Family & Community = Our Strength

Just 7% weight loss and 30 minutes of moderate physical activity daily...

58% reduction in Diabetes!

#4 HOW TO KNOW IF YOU HAVE DIABETES

Symptoms: frequent urination, excess thirst, extreme hunger, unusual weight loss, fatigue, irritability, blurry vision...

BUT MOST PEOPLE DO NOT HAVE SYMPTOMS

- Fasting Blood Sugar over 126 -or-
- Glucose Tolerance Test: 2 hour Blood Glucose over 200

***1 in 3 PEOPLE WITH DIABETES DO NOT
KNOW THEY HAVE THE DISEASE!***

#5 COMPLICATIONS ARE NOT INEVITABLE

- Measure blood glucose daily...
 - Keep glucose level controlled
- Hemoglobin A1c less than 6.5
- Blood pressure below 130 / 80
- LDL / Bad Cholesterol under 100
- If you smoke: QUIT

#6 DIET & PHYSICAL ACTIVITY ARE IMPORTANT

- Physical activity lowers Blood Glucose
- Diets lower in Fat can help reduce Blood Glucose levels
- Both changes -- physical activity and a healthy diet -- help reduce weight and improve how the body uses its own Insulin
- ***START WITH SMALL STEPS TO SUCCESS!***

#7 THE ROLE OF MEDICINES

Pills can be used to

- Increase the amount of Insulin your body releases
- Reduce the amount of Glucose your liver makes
- Block the absorption of Glucose from your intestine
- Increase your body's sensitivity to its own Insulin

Many people cannot be controlled without Insulin

PLUS: Medicine for BP, Cholesterol; Aspirin

The right amount of medicine is the amount that gets A1c levels consistently less than 6.5

#8 TAKING CARE OF YOURSELF

- Check blood sugar every day
- Take medicines as directed
- Take care of your feet
- Stress Management

–Organize your life to help remember

–Take notes... Write it down!

–Get support from family, friends

#9 HOW TO WORK WITH DOCTORS

GET READY FOR THE VISIT... BRING

- All medicines to every appointment, including over-the-counter
- Glucose log with results
- List of questions or concerns

AT THE VISIT

- Bring a family member or friend
- Let doctor know new medical history
- Update doctor about health changes or symptoms

BEFORE END OF APPOINTMENT

- Repeat back plan to ensure understanding. Ask questions!
- ***Not at goal? Insist on a plan to address it!***

#10 DIABETES IS A SOCIAL DISEASE

The lower the income... the greater the risk of diabetes and its complications

- Access to testing
- Self-monitoring supplies
- Healthy Foods
- Time for Exercise
- Safe Environment
- Respect from doctors, hospitals
- Affordable medicines
- Personal power

SOLVING THE PROBLEM OF DIABETES IN OUR COMMUNITY

- **Knowledge and Information**
in EVERYONE'S hands
- **Community Power**
- **Personal Power**
- **Building a Healthy Environment**