

Diabetes ABCs

What is Diabetes?

- Blood glucose (sugar) levels higher than normal
- Not enough insulin to allow glucose to enter cells to be used for energy

Types of Diabetes

Type 1 diabetes

- Usually diagnosed in children and young adults

Type 2 diabetes

- Most common form
- Most often diagnosed in adults

Gestational diabetes

- Can appear during pregnancy
- High risk for type 2 diabetes later in life

Many people with type 2 diabetes
have insulin resistance.

What is Pre-Diabetes?

- Comes before type 2 diabetes
- Blood glucose higher than normal, but not yet diabetes
- You can have pre-diabetes and not know it

What is Pre-Diabetes?

- Comes before type 2 diabetes
- Blood glucose higher than normal, but not yet diabetes
- You can have pre-diabetes and not know it

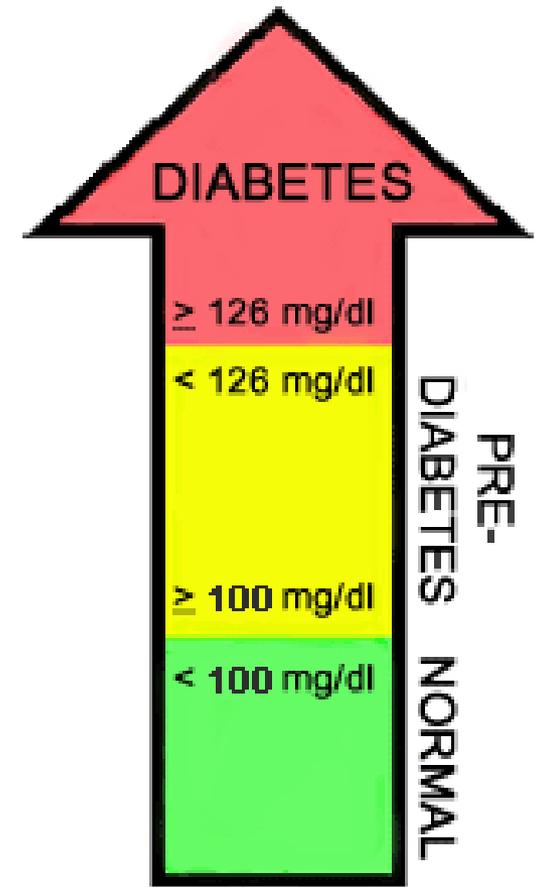
How are diabetes and pre-diabetes diagnosed?

Diabetes

- Fasting blood glucose of 126 mg/dl or higher

Pre-diabetes

- Fasting blood glucose of 100 - 125 mg/dl



Most of diabetes day-to-day care is up to YOU

- Choosing what you eat
- Including physical activity in your routine
- Taking your medications
- Keeping track of your blood glucose, blood pressure and cholesterol numbers
- Learning all you can about diabetes

Keys to Managing Your Diabetes to Delay or Prevent Complications: The ABCs

A = A1C

B = Blood Pressure

C = Cholesterol

A = A1C (pronounced A-one-C)

- Provides average blood sugar for the past 2-3 months
- Recommended level of below 7 for most people with diabetes
- Measure at least two times each year

Tracking your blood glucose

Two Tests:

- Using a blood glucose meter to learn what your blood glucose is at a particular moment any day
- Getting an A1C blood check at least twice a year

A = A1C

- What was your last A1C result?
- What is your A1C target?
- When is your next A1C check?

B = Blood Pressure

- Measures force of blood inside your blood vessels
- High blood pressure can lead to heart attack, stroke, eye problems and kidney disease
- Blood pressure of below 130/80 recommended

B = Blood Pressure

- When was your blood pressure last measured?
- What was your last blood pressure result?

C = Cholesterol

Fat in your blood - 3 important numbers:

- **HDL** - “good” cholesterol
Protects your heart
- **LDL** - “bad” cholesterol
Clogs blood vessels
- **Triglycerides** – fat that increases risk for heart attack and stroke

Recommended targets:

- **LDL** below 100
- **HDL** above 50 (women) and above 40 (men)
- **Triglycerides** below 150

C = Cholesterol

- When was your cholesterol last measured?
- What were your last HDL, LDL and triglyceride results?

Smoking



Choose
to **LIVE**

- Aim for a total of **30 minutes a day**, at least **5 days a week**
- Start with 5 or 10 minutes a day and add more time each week
- Can split up time throughout the day (for example 10 minute brisk walk after each meal)



- Why a Meal Plan?
- How do carbohydrates fit into a meal plan?
- Which fats are healthiest?
- How to “Rate Your Plate”

How to prevent or delay:

- Heart Disease
- Eye Disease
- Kidney Disease
- Nerve Disease
- Skin Problems
- Dental Problems

Questions.....