Understanding and Managing Diabetes

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Prevalence of Diabetes

- 20.8 million people in the U.S. have diabetes
- 14.6 million have been diagnosed

  6.2 million people (1/3) do not know it
- 41 million Americans have pre-diabetes
- 90% of the population with diabetes have Type 2 diabetes

Types of Diabetes

- Type 1 diabetes- Failure to produce insulin
- Type 2 diabetes- insulin resistance and relative insulin deficiency
- Gestational diabetes- affects 4% of all pregnant women
- Pre-Diabetes- glucose levels higher than normal, but not high enough for type 2

Risk Factors for Type 2

- Overweight (BMI >30)
- Little or no exercise
- Dyslipidemia
- Hypertension
- Family history of diabetes
- Gestational Diabetes
- Baby weighing > 9 lbs
- > 45 years old

Signs and Symptoms of Diabetes and Hyperglycemia

Diagnostic Criteria

- Normal fasting glucose: <100 mg/dl
- Impaired fasting glucose (pre-diabetes): 100-125 mg/dl
- Diabetes fasting glucose: ≥126 mg/dl or random glucose > 200 mg/dl

  Hemoglobin A1c ≥ 6.5%

ADA Recommendations for Glycemic Control (mg/dL)

Biochemical Index	Normal	Goal	Action Levels
Preprandial Glucose	<100	90-130	<90 or >150
Bedtime Glucose	< 120	110-150	<110 or >180
HgbA1c	<6%	<7%	>8%

Positive Diagnosis	→	2 FPG tests ≥126 mg/dL, HbA1c ≥6.5 Random BG > 200 with S&S

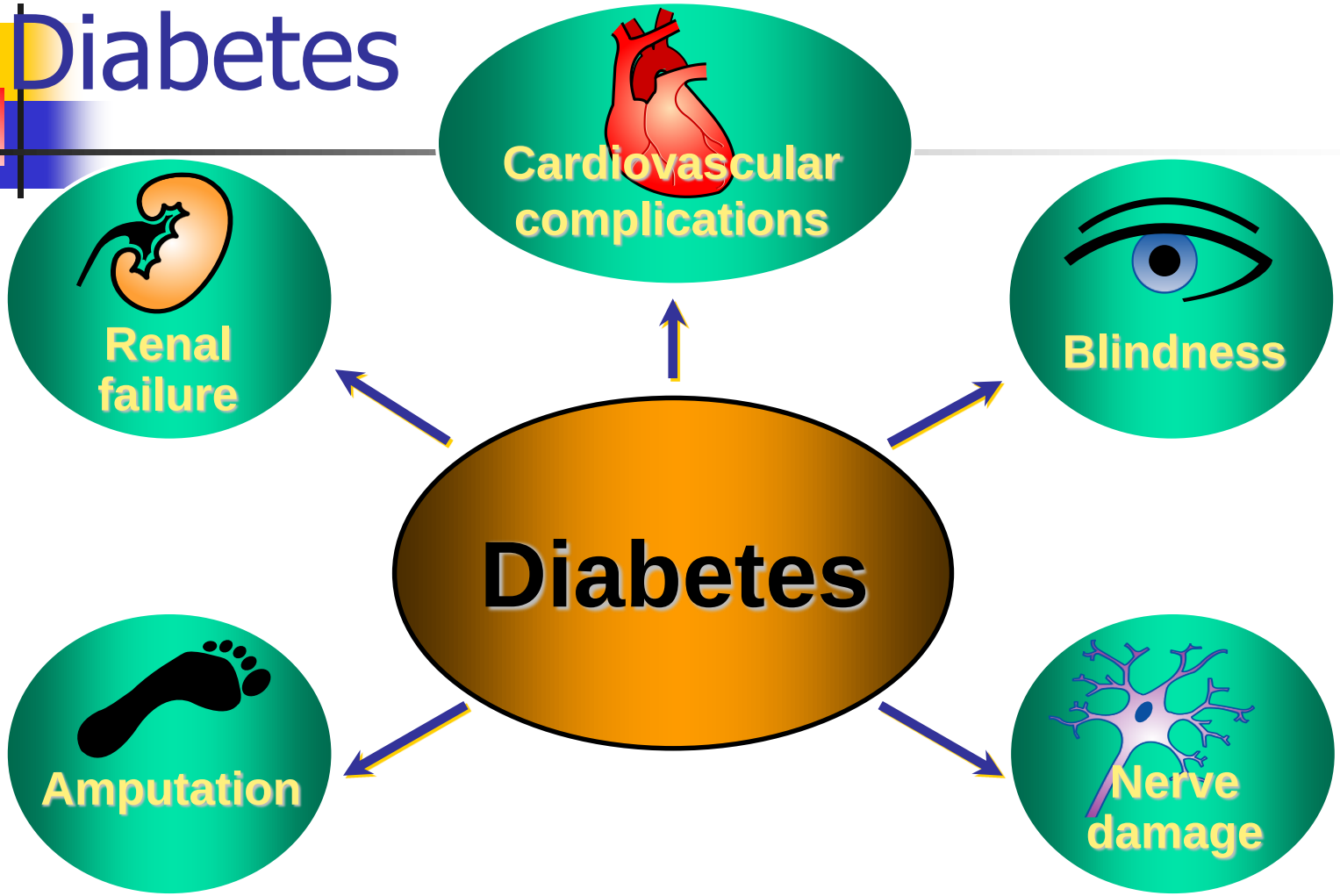
Signs and Symptoms of Hypoglycemia

Hypoglycemia Treatment

- 3-4 Glucose tablets or 1 tube gel
- 2 tsp honey or 3 tsp table sugar
- 1/2 cup orange or apple juice
- 1 cup milk

- Follow with meal or snack

Chronic Complications of Diabetes

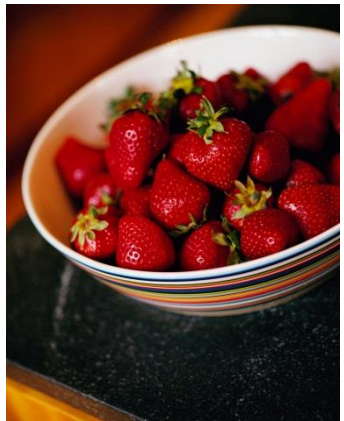


http://www.cdc.gov/diabetes/pubs/factsheet.htm#contents. Accessed 2/10/15.

What to do?

- Eat in moderation
- Limit sweets and alcohol
- Increase activity
- Lose weight
- Have glucose checked yearly

Nutrition



Carbohydrate

- Starches: Breads, grains, cereals, rice, pasta
- Starchy Vegetables: Potatoes, Corn, Dried beans, peas
- Fruit
- Milk & Yogurt
- Sweets

Protein

- Meats and Meat Substitutes
  - Beef
  - Chicken
  - Pork
  - Fish
  - Cheese
  - Eggs
  - Beans
  - Peanut Butter
  - Other

Fats and Oils

- Oil
- Margarine
- Mayonnaise
- Nuts/Seeds
- Salad Dressing
- Avocado
- Other

What's on Your Healthy Plate?

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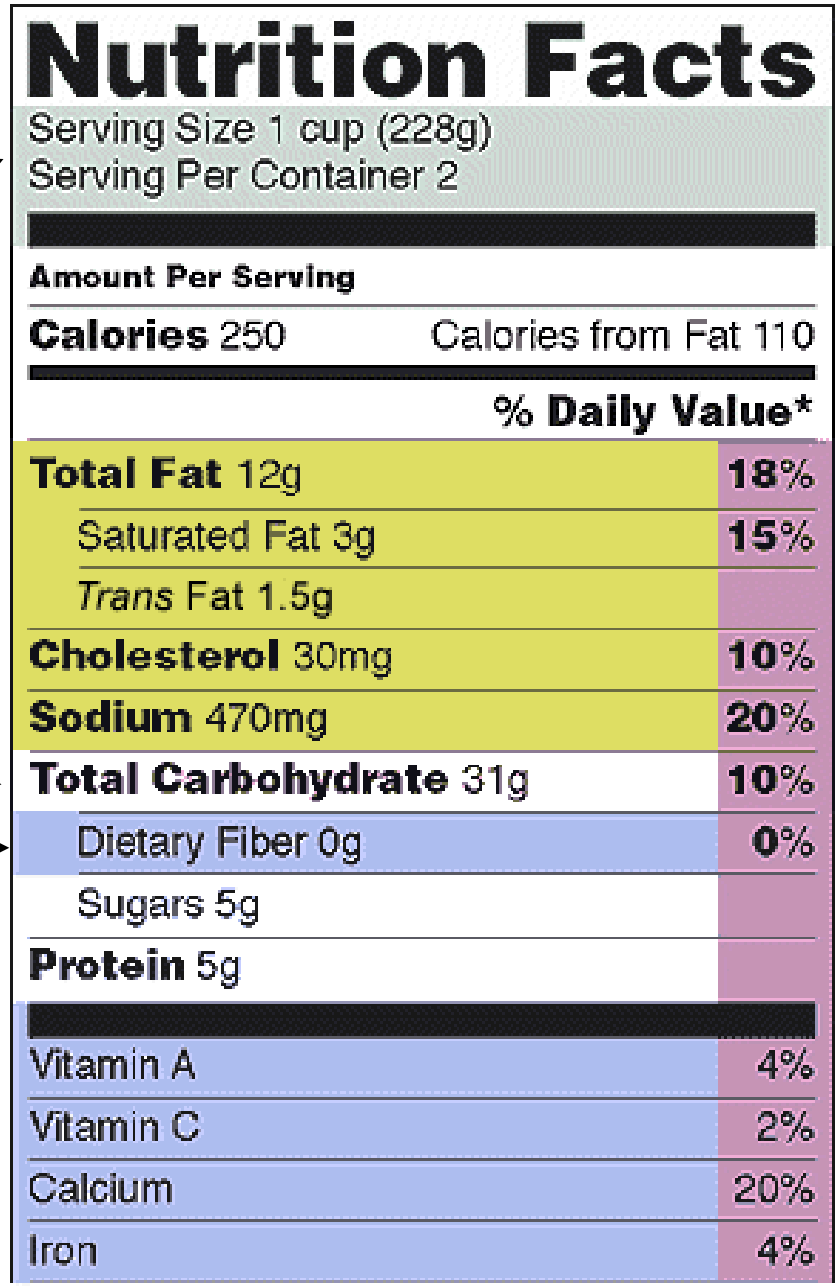
Read the Label!

- Serving size
- Total Carbohydrate
- Fiber



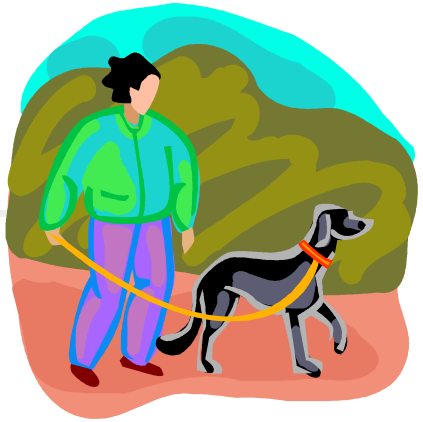
Nutrition Facts

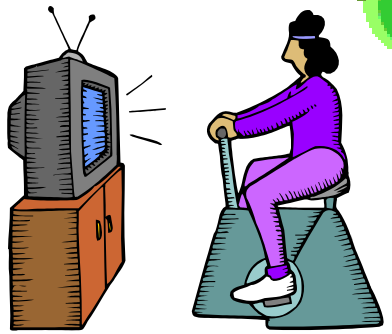
Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 1.5g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Activity





THE ACTIVITY PYRAMID

Exercise Goal 150 min/week

CAUTION
FOOT
PROTECTION
REQUIRED

Importance of Foot Care

- Decreased circulation
- Decreased sensation
- Most amputations are preventable!

Proper Foot Care

- Check feet daily
- Wash feet daily
- Cut toenails regularly

Medications if needed

Thank you!

Questions?