

DIABETES 101

What is diabetes?

- A disease of high blood glucose (sugar) levels

How does diabetes happen?

- Typically hereditary, the diabetes gene is activated with certain situations (obesity, age, stress, injury, sleep deprivation, smoking)

What about food and insulin?

- We get energy from food, primarily in the form of glucose
- All food turns into glucose, and we have glucose stored internally in our liver
- A gland behind the stomach called the pancreas *should* make enough of the hormone insulin to handle any food
- Insulin unlocks the cells (the smallest component of the body) and allows glucose to enter
- With diabetes, the pancreas doesn't make enough insulin or use insulin efficiently
- Without enough insulin, the glucose piles up in the bloodstream and can cause many problems

What are the goals of diabetes self-management?

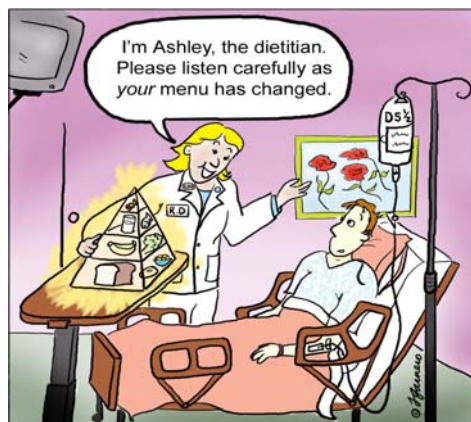
- Lower your glucose, blood pressure and cholesterol to a safe level
- Live a full life!

When to call the doctor?

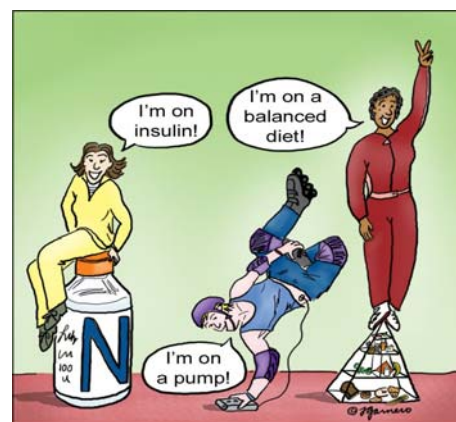
- If your glucose is less than 70 or more than 250 for 2 days
- If your glucose is less than 180 and you can't keep food down (your medication dose may need changing)
- If you are vomiting or have diarrhea
- If you are not tolerating your medication

What do I do when I'm sick?

- Check glucose at least every 4 hours
- Drink plenty of sugar-free, caffeine-free liquids (examples include water, tea, broth)
- You still need small amounts of carbohydrate food for healing
- If you take diabetes medication and glucose is more than 180, continue the usual dose










Source: DIABETease



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The Keys of Diabetes Self Management*

 Healthy Eating	Balance, timing, eating from a variety of nutrient rich foods and being carbohydrate aware (not cutting them out!). See "Eat Better & Feel the Difference" flyer.
 Being Active	Helps control the amount of glucose and increases good (HDL) cholesterol. 30 minutes walking is equal to a pill for diabetes
 Monitoring (glucose, blood pressure, cholesterol)	Test glucose before breakfast and before dinner, at the least. Premeal goal: 70 to 120 To learn from meal choices: Two hours after meal goal: less than 160
 Healthy Coping	Stress raises glucose and blood pressure. Stress can come from pain, lack of sleep, work, planning for a trip, steroids, etc.
 Taking Medication <ul style="list-style-type: none"> • Which ones are you taking? • Don't skip, double up on or change medicine without checking with your doctor 	<p><u>Secretagogues</u> - makes the pancreas release insulin (Glucotrol, Glyburide, Amaryl, Starlix, Prandin) <i>*Risk of hypoglycemia: take 15-30 minutes before a meal</i></p> <p><u>Biguanides</u> - decrease liver glucose production (Glucophage) <i>*Risk of diarrhea, nausea (take WITH food to minimize)</i> <i>*Takes a couple of weeks to reach full effect</i></p> <p><u>Thiazolidinediones</u> - decreases insulin resistance (Actos, Avandia) <i>*Risk of swelling, weight gain, 4-8 weeks for full effect.</i> <i>May increase risk of heart issues when used with insulin.</i></p> <p><u>Insulin:</u> the hormone; know its peak time to avoid low glucose BASAL = background (Lantus, Levemir, NPH) BOLUS = mealtime or correction (Novolog, Humalog, Regular)</p>
 Problem Solving	<p>HYPOGLYCEMIA (low glucose); less than 70 <u>Causes:</u> medications, missed meal, exercise, alcohol; <u>Signs:</u> Shakiness, hunger, sleepiness, weakness, headache, irritability, sweating; <u>Treatment:</u> Sugar! Rule of 15 (15 grams sugar, wait 15 minutes, retest. If low, 15 grams of sugar, retest, if above 70, eat)</p> <p>HYPERGLYCEMIA (high glucose); above 200 <u>Causes:</u> too little medicine, stress, food choices; <u>Signs:</u> tired, increased urination, poor wound healing; <u>Treatment:</u> medications</p>
 Reducing Risks	Certain tests reduce your risk of complications (yearly exams for eyes, feet, cholesterol; regular A1C tests and dental visits)

*Adapted from AADE7 TM Self-Care Behaviors. Symbols created by ©THERESA GARNERO 2007