



Diabetes Is Serious:

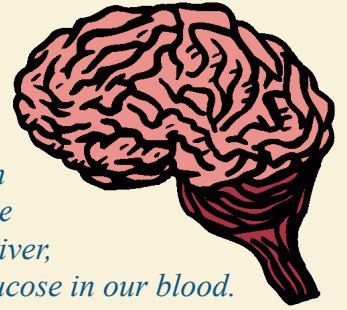
You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” This suggests that diabetes is not a serious disease. However, diabetes is serious **BUT** you can learn to manage it!

Taking good care of yourself can help you feel better. It may help you avoid health problems caused by diabetes such as:

- Heart attack and stroke
- Eye problems that can lead to trouble seeing or going blind
- Nerve damage that can cause your hands and feet to hurt, tingle, or feel numb. In severe cases, some people may even lose a foot or a leg
- Kidney problems that can cause your kidneys to stop working
- Gum disease, infections **AND** loss of teeth

Diabetes Education

Diabetes means that your **BLOOD GLUCOSE**, also called blood sugar, is too high. Glucose comes from foods we eat, and is needed as fuel for our bodies even when we are at rest. Your blood always has a little bit of glucose. Extra glucose is normally stored in our liver and muscles until we need it for activity. To be used for energy the glucose has to be moved from the liver, muscle and blood into the cells. This **LOWERS** the glucose in our blood. The problem happens when the glucose stays in your blood and does not reach the cell. This causes your blood glucose to reach an unhealthy level.



Learn About Diabetes

Learn About Diabetes:

An organ in our body, the pancreas, makes insulin. **INSULIN** is what helps glucose move from the blood into the cells. When you have diabetes, it is because the pancreas does not produce enough insulin. Another type of diabetes is caused when the pancreas makes insulin, but the cells are not using the glucose very well. In both cases, the blood glucose level rises too **HIGH**. It is unhealthy for the blood glucose to be too high. This elevation in blood glucose level causes damage to the heart, blood vessels, eyes, nerves and kidneys.

Types of Diabetes:

- 1. Pre-Diabetes:** This is the stage that occurs before a person gets type 2 diabetes. Blood sugar levels are higher than normal but they are not high enough to be diagnosed diabetes. Over **57 Million Americans** have pre-diabetes.
- 2. Type 1 Diabetes:** the pancreas **DOES NOT** make insulin. Insulin helps the body use glucose from food for energy. Because the pancreas is not making insulin, people with type 1 diabetes need to take insulin every day.
- 3. Type 2 Diabetes:** the pancreas makes insulin, but it is not used well by the body. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.
- 4. Gestational (jes-TAY-shon-al) Diabetes:** may occur when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.



Learn About Diabetes

How Do I Know I Have Diabetes?

The COMMON signs of diabetes are:

- Feeling tired
- Urinating often
- Being very thirsty
- Feeling very hungry
- Having blurry vision
- Having an infection that **DOES NOT** go away
- Having wounds or sores that do not heal well
- Possible weight loss

If you have any of these symptoms and/or if have a family history of diabetes, make an appointment to see your doctor as soon as possible.

Call 1-800-854-5729
OR visit us
@ BetterLivingNow.com

How Your Doctor Diagnoses Diabetes:

If your health care provider thinks you may have diabetes, there are some BLOOD TESTS to find out for sure:



Blood Tests

- **Fasting Blood Sugar.** For this test, you should not have eaten for 8-10 hours.
- **Oral Glucose Tolerance Test (OGTT).** This test measures your body's response to sugar. You are given a drink with a very *HIGH* amount of sugar. Then your blood sugar levels are tested every 30 minutes for up to three hours. The 2 hour reading is what is often used to diagnose diabetes.
- **Random Blood Sugar.** A random blood sugar test measures your blood sugar at any point in time. It can be after you eat, in the middle of the day or in the evening.

When Your Blood Glucose is Close to Normal You Are Likely to:

- ✓ Have MORE energy
- ✓ Be less tired and thirsty and urinate less often
- ✓ Heal better and have fewer skin or bladder infections
- ✓ Have fewer problems with your eyesight, feet and gums

The chart BELOW tells you if you have diabetes and what type.

Blood Test	Without Diabetes	With Pre-Diabetes	With Diabetes
Fasting blood sugar	Less than 100mg/dL	100-125mg/dL	126mg/dL or greater
Oral Glucose Tolerance Test (OGTT)	Less than 140mg/dL after 2 hours	Between 140-199mg/dL after 2 hours	200mg/dL or greater, after 2 hours
Random blood sugar	Less than 140mg/dL	Between 140-199mg/dL	200mg/dL or greater

Reference: Diabetes Care, volume 31, Supplement 1, January 2008, S59.



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