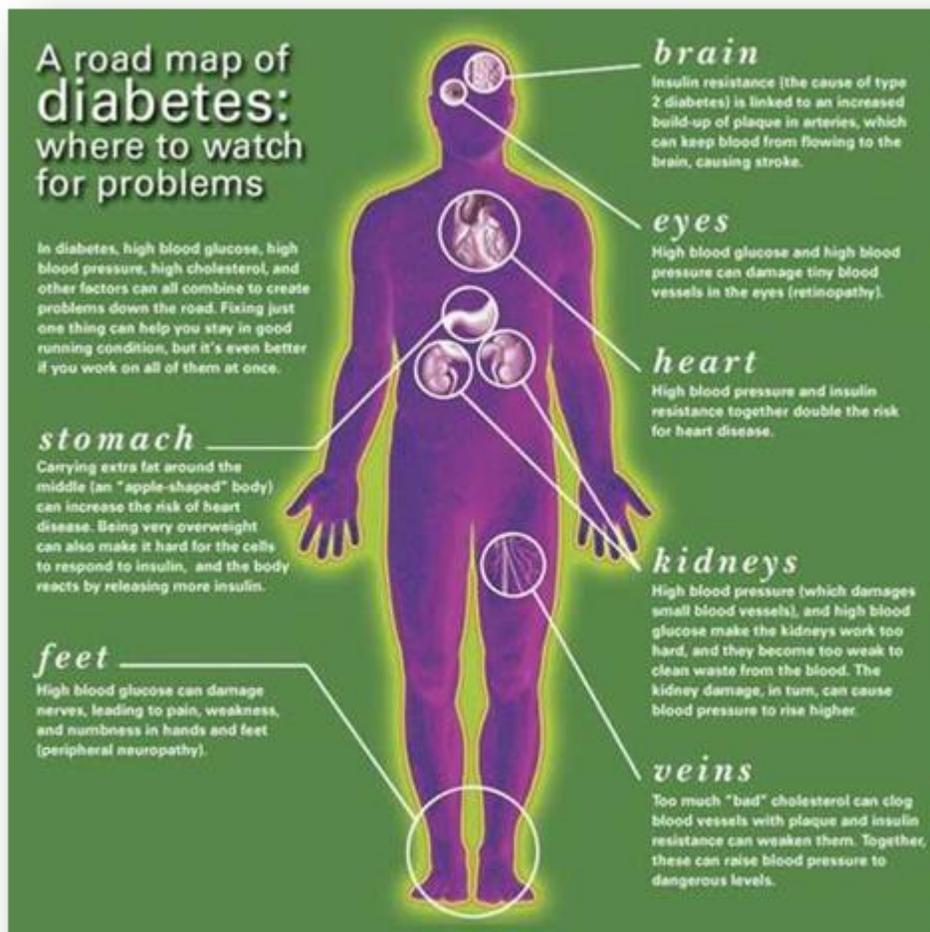




2016 Education Series

Diabetes



Did you know...?

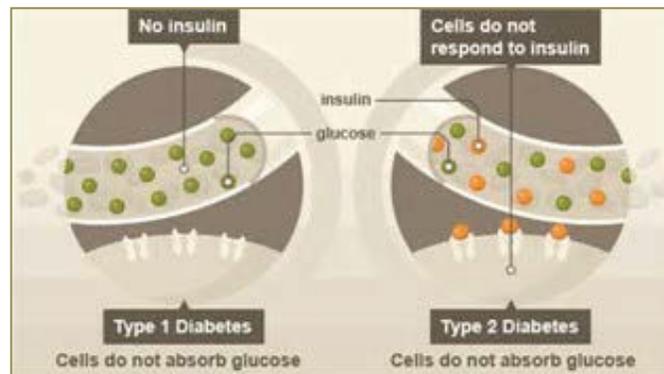
- **Diabetes can cause serious health complications** if left untreated. This includes heart disease, stroke, non-healing ulcers, blindness, kidney failure, and lower-extremity amputations.
- Diabetes is the **seventh leading cause of death** in the United States.
- Type II diabetes is **preventable**.

What Is Diabetes?

Diabetes Mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is vital because it's a source of energy for the cells and the brain's main source of fuel.

Diabetes is the condition in which the body does not properly process food for use as energy. The pancreas, an organ that lies near the stomach, makes a hormone called **insulin** to help glucose get into the cells of our bodies. **When you have diabetes, your body either doesn't produce, make sufficient quantities of, or effectively use insulin.** As a result, sugars build up in the blood instead of being transported into the cell as it should.

Types of Diabetes



- **Type 1 Diabetes** – Can occur at any age, but is most commonly diagnosed from infancy to late 30s. **The pancreas produces little to no insulin because the body's immune system destroys the insulin-producing cells.** The person must inject insulin several times every day or continually infuse insulin through a pump, as well as manage their diet and exercise habits.
- **Type 2 Diabetes** – Typically develops after age 40, but has recently begun to appear with more frequency in children. **The pancreas still produces insulin, but the pancreas does not produce enough or is not able to use it effectively,** “insulin resistant cells.”
- **Gestational Diabetes** – Changing hormones in the body during pregnancy cause blood glucose levels to rise. Ideally, after the baby is born, the blood sugar levels return to normal. Mom is at a higher risk for developing Type 2 Diabetes later in life.
- **Pre-Diabetes** – Blood sugar levels are higher than normal, but not high enough to be classified as diabetes. Typically A1C is between 5.7-6.4. Good chances of reversing with life style adjustments.

Risk Factors

Type 1 Diabetes:

- Family history
- Diseases of the pancreas
- Infection or illness

Type 2 Diabetes:

- Obesity or being overweight
- Ethnic background
- Family history
- High blood pressure
- Gestational diabetes
- Sedentary lifestyle
- Age – over 45

Diabetes Symptoms



7 Signs of Diabetes

TYPE 1 & 2 DIABETES

1	<input type="checkbox"/>		EXCESSIVE THIRST & FREQUENT URINATION
2	<input type="checkbox"/>		FLU-LIKE FEELING : FATIGUE, LOSS OF APPETITE, ETC
3	<input type="checkbox"/>		WEIGHT LOSS (TYPE 1) OR GAIN
4	<input type="checkbox"/>		BLURRED VISION
5	<input type="checkbox"/>		SLOWER HEALING SORES & FREQUENT INFECTIONS
6	<input type="checkbox"/>		TINGLING FEET AND HANDS
7	<input type="checkbox"/>		RED, SWOLLEN & TENDER GUMS

Know Your Numbers

The following is an A1C to blood sugar conversation chart.

For example, an A1C of 5.2 = an average blood sugar of 108 over the last three (3) months.

**If you are not sure what your A1C means,
contact your physician or health care provider for further explanation.**

If have not received your Biometric Screening 2016 A1C results yet,
Log-on to www.Relayhealth.com to obtain your results.

A1C to Blood Sugar Chart										
Hb-A1C	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9
mg/dl	65	69	72	76	79	83	86	90	93	97
mmol/l	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4
Hb-A1C	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9
mg/dl	101	104	108	111	115	118	122	126	129	133
mmol/l	5.6	5.8	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4
Hb-A1C	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
mg/dl	136	140	143	147	151	154	158	161	165	168
mmol/l	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.4
Hb-A1C	7.0	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9
mg/dl	172	176	180	183	186	190	193	197	200	204
mmol/l	9.6	9.8	10.0	10.2	10.4	10.6	10.8	11.0	11.2	11.4
Hb-A1C	8.0	8.5	9.0	9.5	10.0	11.0	12.0	13.0	14.0	15.0
mg/dl	207	225	243	261	279	314	350	386	421	457
mmol/l	11.6	12.6	13.5	14.5	15.5	17.5	19.5	21.5	23.4	25.4
Optimal			Sub-optimal				Normal			
Pre-diabetes			Diabetes				Harmful			
-----Dangerous-----										

www.diabetes.org

How to Reduce or Keep Blood Sugar Low



- See your physician regularly
- Get active – walk outside!
- Eat well – www.choosemyplate.gov
- Keep stress in check
- Sleep 6 hours or more each night

Diabetes Fighting Foods

Incorporating these **nutrient-rich foods** into your diet can help you **reduce your risk** of obtaining type 2 diabetes:



Please contact Audrey Portanova for information about diabetes prevention and self-management courses offered at CFH!

352-323-4292 or Aportanova@centflhealth.org

Thank You!



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"Be Your Super Hero" 2016
If not now, when?