

Diabetes

What To Know



Insulin is a hormone that breaks down glucose - a source of energy for the body's cells. Diabetes occurs when insulin production is inhibited, or when the body does not respond to insulin. It is important to manage your diabetes to stay healthy.



Know Your ABC'S

(A)1C : average blood glucose level over the past 3 months; the goal for diabetics is below 7%

(B)lood Pressure : the goal for most diabetics is below 140/90 mm Hg

(C)holesterol: LDL ("bad") cholesterol can build up, clogging and narrowing your blood vessels; the LDL goal for diabetics is below 100 mg/dl

(S)top Smoking: both smoking and diabetes narrow blood vessels; narrow blood vessels overworks the heart

** for goals specific to you, talk to your physician



Diabetes Meal Plan

- Choose fruits and vegetables, beans, whole grains, fish, lean meats, and low-fat dairy
 - fruit and dairy contains sugar (fructose and lactose), so moderation is necessary
- Choose foods low in calories, saturated fat, trans fat, sugar, and salt
- Drink water instead of sugar-sweetened beverages

** consult with your physician for your personal plan



Glucose Monitoring

Blood glucose monitoring can help you make decisions about food, exercise, and medicines.

Many diabetics aim to keep their blood glucose at the following levels:

Before a meal: 80 to 130 mg/dL

2 hours after meal starts: Below 180 mg/dL

Keeping a record of your blood glucose self-checks will help your physician make the most educated decisions about your treatment.



Insulin Usage

While type 2 diabetes is largely controlled by lifestyle choices, insulin is necessary for type 1 diabetics since the body cannot naturally produce it. Insulin is needed several times during the day, including with meals.

There are several types of insulin, with different times of onset, peak, and duration. Follow your physician's advice on when and how to take the type of insulin best for you.

** These are general guidelines provided by the National Institute of Health NIDDK. Always follow the recommendations of your personal physician.