

# Diabetes

Diabetes is a chronic disease that effects the way your body uses sugar. A hormone in your body, called insulin, helps move sugar from your bloodstream into your body's cells. Your body uses that sugar as energy. People with diabetes either do not make enough insulin or have trouble using the insulin they do make. This results in high levels of sugar in the blood.



There are three different types of diabetes.

## **Type 1:**

- An autoimmune disease where the body does not produce any insulin
- People with type 1 diabetes need to take insulin every day

## **Type 2:**

- Develops over time where the body either does not produce enough insulin or does not use the insulin it does produce like it should
- Can be managed with diet and exercise, oral medications and/or insulin.

## **Gestational Diabetes:**

- Diabetes that develops during pregnancy
- Blood sugar levels usually return to normal after the baby is born

## **Warning signs**

Most people with diabetes do not have any signs or symptoms because their blood sugar rises slowly over time. Elevated blood sugar can lead to:

- Using the restroom frequently
- Numbness or tingling in the hands or feet
- Slow healing of cuts and bruises
- Blurred vision
- Tiredness/fatigue

## Risk factors

- A family history of diabetes
- Being overweight and/or getting little to no physical exercise
- Not following a healthy diet
- Having high blood pressure
- Having gestational diabetes
- Being African American, Native American, Hispanic, or an Asian/Pacific Islander

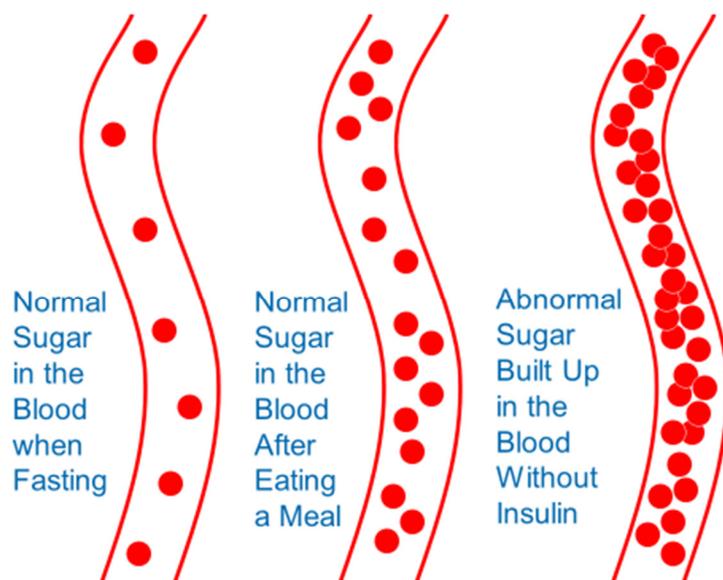
## Preventing diabetes

There are several things you can do to prevent the onset of type 2 diabetes.

- Know which types of foods raise your blood sugar and limit them
  - Breads/starches/grains, fruits and dairy are all carbohydrates
  - Carbohydrates turn to sugar in the bloodstream and need insulin to get into the cells to be used for energy
  - If insulin does not work properly, blood sugar levels rise
  - Aim to get 45 grams of carbohydrates each meal with 3 meals a day
- Follow the *Oklahoma Pick Your Plate Method*
- Get at least 150 minutes of physical activity each week

## What if I already have diabetes?

- Follow a healthy diet like the *Oklahoma Pick Your Plate Method*
- Get at least 150 minutes of physical activity each week
- Lose five to ten percent of your body weight (if overweight)
- See your health care provider at least once every six months
- Try to keep your blood pressure, cholesterol and A1C levels under control
- Take medications as your doctor prescribes



WELLNESS NOW

**TOTAL WELLNESS**