

Diabetes Basics

In celebration of National Diabetes Month

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Disclaimer

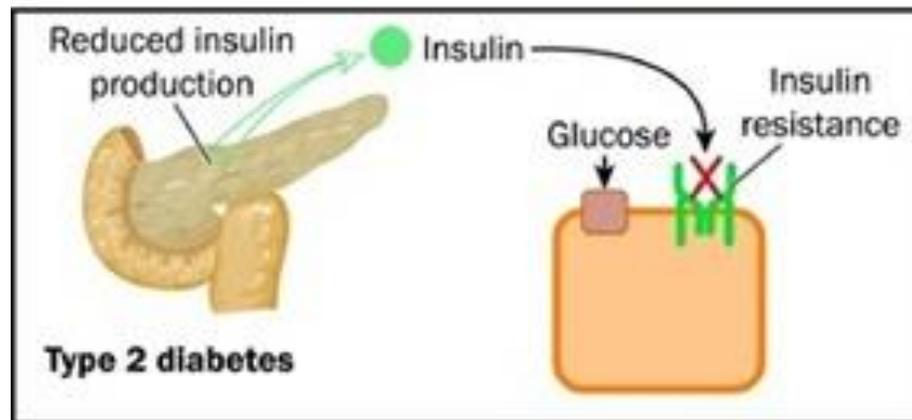
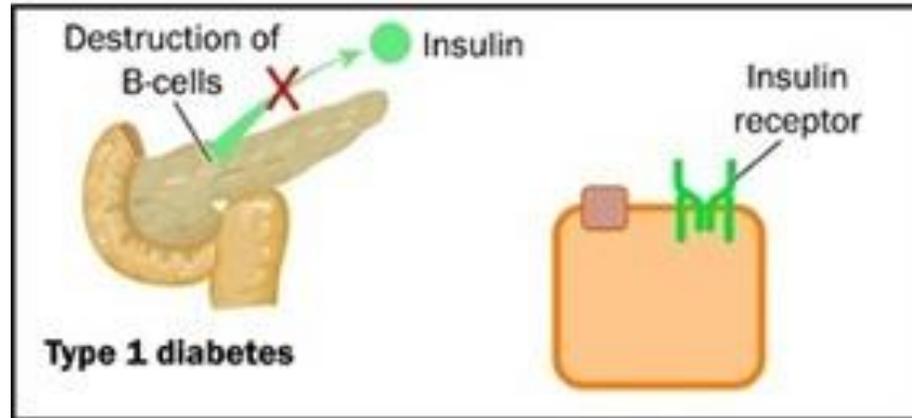
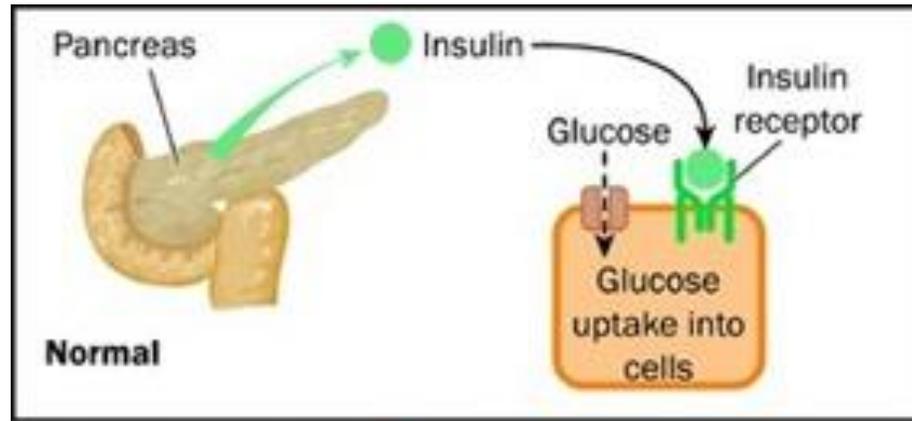
- ▶ This presentation is meant to be educational only. While I am qualified to provide nutrition counseling, I do not know your medical history and can not provide individual care at this time. Please reach out to the Health and Wellness clinic for more personalized help.
- ▶ Olevia Garcia, MS, FNP-c at Olevia.Garcia@premisehealth.com

Diabetes stats

- ▶ Over 32 million US adults have diabetes, that's 1 in 10 people
 - ▶ 1 in 5 people don't even know they have it
- ▶ Diabetes is the 7th leading cause of death in the US
 - ▶ Heart disease is the leading cause of death
 - ▶ Having diabetes increases your risk for heart disease
- ▶ Diabetes is the no. 1 cause of kidney failure, amputations, and adult blindness
- ▶ In the past 20 years, the number of adults diagnosed with diabetes has more than doubled

Diabetes

- ▶ di·a·be·tes
 - ▶ /,dīə' bēdēz, ,dīə' bēdis/ noun
 - ▶ a disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood and urine.
- ▶ There are 3 major types of diabetes
 - ▶ Type 1 Diabetes
 - ▶ Type 2 Diabetes
 - ▶ Gestational Diabetes



Ways to Diagnose Diabetes

- ▶ Hemoglobin A1C
 - ▶ A blood test that measures your average blood glucose levels over the past 2 to 3 months
 - ▶ 5.7 - 6.5 is considered prediabetes
 - ▶ 6.5 and greater is considered diabetes
 - ▶ The most common tool used to diagnose diabetes
- ▶ Other methods for diagnosis that are less common
 - ▶ Fasting plasma glucose
 - ▶ Oral Glucose Tolerance Test
 - ▶ Random Plasma Glucose Test

Diabetes Treatment Approaches

- ▶ Each person is unique, depending on the severity and type of diabetes; so each treatment method will look different
- ▶ Typical treatments for:
 - ▶ Type 1 Diabetes
 - ▶ Regular insulin injections
 - ▶ Diet
 - ▶ Exercise
 - ▶ Type 2 Diabetes
 - ▶ Medications
 - ▶ Lifestyle changes - exercise, diet, weight loss
 - ▶ Sometimes insulin



Risk Factors for Diabetes

- ▶ A family history of Type 1 Diabetes
- ▶ Prediabetes
- ▶ Are overweight
- ▶ Are over 45 years old
- ▶ Physically inactive (exercise less than 3 times a week)
- ▶ A history of gestational diabetes
- ▶ Certain ethnicities
 - ▶ African American, Hispanic/Latino American, American Indian, Alaska Native

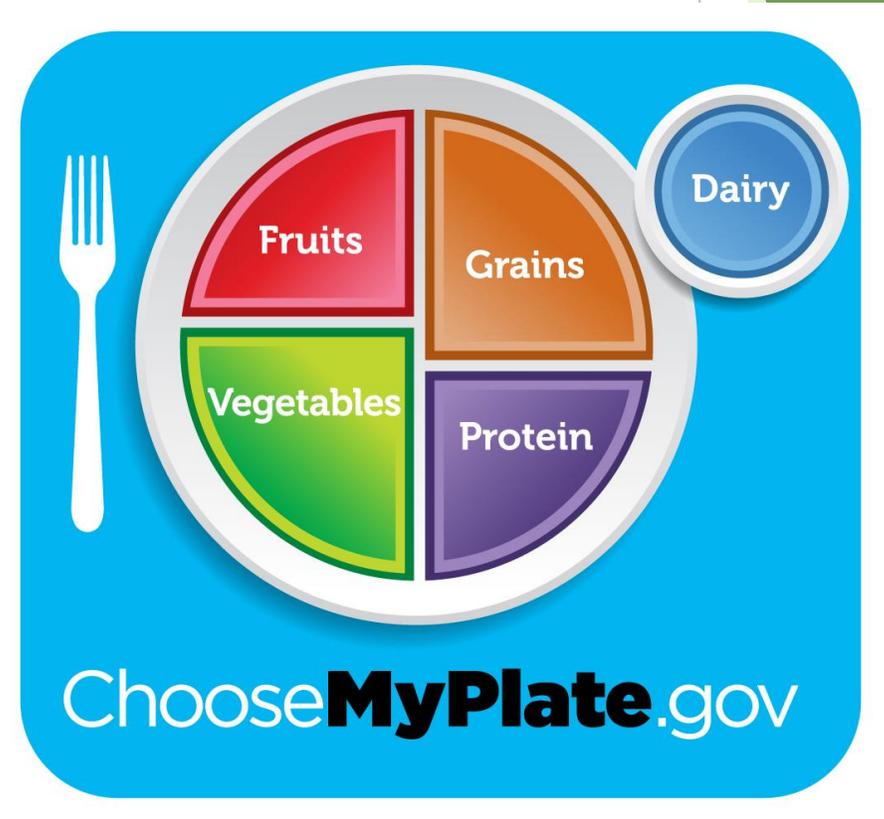
Ways to Lower Risk of Diabetes

- ▶ Try to get at least 7-9 hours of sleep every night
 - ▶ This helps to better regulate your insulin levels
 - ▶ Studies have found a link between sleep and diabetes risk
 - ▶ Staying awake longer leads to more overall calories consumed
 - ▶ These calories tend to be less nutrient-dense
- ▶ Be active most days! Every minute counts
 - ▶ Recommendation for exercise is 150 minutes per week
 - ▶ Every minute counts towards this goal
 - ▶ Find what you enjoy, it will help you stick to it
 - ▶ Workout with a friend or relative



Ways to Lower Diabetes Risk

- ▶ Eat a balanced diet and at regular times
 - ▶ Fill $\frac{1}{2}$ your plate with vegetables
 - ▶ Choose whole grains most of the time
 - ▶ Include a lean protein at every meal and snack
 - ▶ 3-5 oz is considered a portion size
 - ▶ Eat more beans and legumes
 - ▶ Include 3 servings of dairy per day
 - ▶ Include healthy fats at meals



Ways to Lower Diabetes Risk

- ▶ Eliminate sugar-sweetened beverages
 - ▶ Recommendations for added-sugar
 - ▶ 6 tsp per day for women
 - ▶ 9 tsp per day for men
 - ▶ A typical 12-oz soda contains 8 tsp of added sugar
 - ▶ Includes: sodas, coffee, energy drinks, some juices, sweetened teas

American Heart Association
Healthy for Good™

EAT SMART ADD COLOR MOVE MORE BE WELL

CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can hurt your health and even shorten your life.

The American Heart Association recommended daily limit for added sugars:

WOMEN & KIDS*	MEN
6 TEASPOONS	9 TEASPOONS
25 GRAMS	36 GRAMS
100 CALORIES	150 CALORIES
OR LESS	OR LESS

Where to watch for added sugars:

 SUGARY DRINKS Flavored Milk Sports & Energy Drinks Soda & Soft Drinks Coffee & Tea Juice & Fruit Drinks	 SWEETENED BREAKFASTS Breakfast & Energy Bars Granola & Muesli Hot & Cold Cereals Yogurts Smoothies	 SYRUPS AND SWEETS Syrups Honey & Molasses Jelly, Jam & Spreads Drink Mixes Candy	 FROZEN TREATS Ice Cream & Gelato Frozen Yogurt Popsicles Sherbet & Sorbet Frozen Desserts	 SWEET BAKED GOODS Sweet Rolls & Breads Cakes, Cookies & Pies Donuts & Pastries Snack Foods Desserts
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How to avoid them:

Always check nutrition facts label & ingredients.	Replace candy & desserts with naturally sweet fruit.
Limit sugary drinks & foods.	Make items at home with less added sugars.

SweetLeaf
Stevia Sweetener

A national supporter of the American Heart Association's Healthy for Good Movement.

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*ages 2+ (children under 2 should not consume any added sugars)

Ways to Lower Diabetes Risk

- ▶ Avoid trendy diets and focus on balanced eating
 - ▶ Keto or low carb diets
 - ▶ Keto is very high fat, consider heart disease risk factors
 - ▶ If you are taking certain medications, but not eating carbohydrates you could end up with life-threatening low blood sugar
 - ▶ Consult with your doctor
 - ▶ Intermittent fasting
 - ▶ Long periods without eating followed by short periods of feeding can lead to extreme blood sugar fluctuations
 - ▶ This can be dangerous while taking certain diabetes medications
 - ▶ Consult with your doctor



The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect. The rest of the slide is plain white.

Questions?

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