



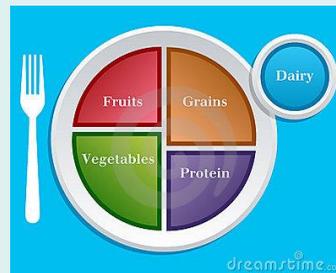
## Why is controlling Diabetes important?

Diabetes can affect all parts of your body. Poor control of diabetes can lead to:

- Heart attacks
- Stroke
- Loss of vision
- Kidney disease
- Neuropathy (pain and loss of sensation in hands and feet)
- Infections that are very difficult to treat
- Amputation of fingers, toes, or other body parts

## How can I prevent or improve my Diabetes?

- Maintain weight in a healthy range (often this means losing weight)
- Eat healthy foods, with less than 35% of your daily caloric intake coming from fat
- Foods with added sugar should be eaten only in moderation
- Carbohydrates in your diet should come from whole grains, fruits, vegetables, legumes, and low fat milk
- Limit carbohydrates to 45 to 65% of your daily caloric intake
- Exercise regularly, aiming for about 30 minutes a day of moderate exercise
- Quit Smoking



For more tips and information on other health issues, visit:

<http://yourcareerplan.org/RICHcookbook/>

## Diabetes

Tips for Prevention and Management

# What is Diabetes anyway?

In order to function properly, every part of your body needs sugar (called glucose) for energy. Sugar enters the smallest parts of your body, cells, because of insulin. Insulin is a protein made by the pancreas and without insulin, glucose cannot leave your bloodstream to provide energy for your cells. **Diabetes** happens when your cells do not respond to insulin like they should, your pancreas makes too little insulin, or when a combination of both these problems occur.

# How do I know if I have Diabetes?

Some symptoms of diabetes are

- Urinating more frequently than usual
- Drinking more water than usual
- Unexpected weight loss
- Blurry vision

If you have any of these symptoms and are concerned that you may have diabetes, you should go to your Primary Care Doctor to discuss the possibility of diabetes and whether or not you need to be tested for this condition.

# How does my Doctor test for Diabetes?

Your doctor can run 2 tests that show how much glucose is in your blood. If your glucose is too high, this could mean that you are at increased risk for diabetes or that you already have diabetes. One of these measures serum glucose, the amount of sugar in your blood at the time your blood is drawn. The other test measures Hemoglobin A1c, which shows your average blood sugar over the past 3 months.

	Normal	Pre-diabetes (increased risk)	Diabetes
Serum Glucose (fasting)	<100	100-125	126 or higher
HemoglobinA1c (HgbA1c)	<5.7%	5.7%-6.4%	6.5% or higher



# What if I have Diabetes?

If your doctor says you are at increased risk for diabetes, he or she may recommend a healthy diet and exercise to prevent diabetes. If your doctor diagnoses you with diabetes, he or she may recommend you change your diet, increase exercise, and even start a medication to lower your blood sugar..