# Diabetes

By
Ann Marie Brooks MSN, BC-ADM
with Utah Diabetes Prevention Control Program

www.health.utah.gov/diabetes

# Diabetes

Diabetes is **serious.**

Diabetes can kill.

More and more people have diabetes.

Diabetes (too much sugar in the blood) hurts the body.

You could lose:

- Your sight
- Your feet
- Your sexual ability

Too much sugar in the blood can hurt;

- Your heart
- Your brain
- Your kidneys
- Your blood vessels
- Your teeth

There is no cure for diabetes BUT

You CAN control diabetes
You CAN be healthy

# Kinds of Diabetes

There are 3 kinds of diabetes:

1. Type 1
    a. Usually strikes younger people
    b. Must use insulin

2. Type 2
    a. Most common kind
    b. Usually strikes people over 30
    c. May use insulin or pills

3. Gestational
    a. Happens during pregnancy
    b. Mother needs extra care to have a healthy baby

# Blood Sugar

Normal blood sugar keeps you healthy.

Too low (below 70):  you feel shaky and sweaty

Too high (over 200):  you feel tired and sleepy

Are you sick today?

- Test your sugar
- Stay safe
- Drink plenty of water

# Test

- When the doctor says
- When you feel “odd”

Good/safe level:
80-110 before you eat
Under 160 after you eat (2 hours after)

# Diabetes Medicine

Some people take pills; there are many kinds.

Some people take insulin

Take your medicine on time

Take it every day

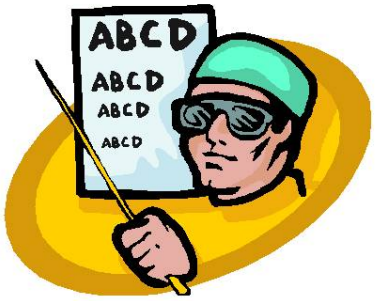
# About You!

YOU are the boss

You can drink diet soda

YOU can help yourself

- Don’t smoke
- Watch blood sugar
- Watch blood pressure
- Have regular checkups
  - Eyes
  - Feet
  - Have a flu shot
  - Cholesterol (fat in the blood)




Take a baby aspirin every day unless the doctor says not to.

# Family and Friends

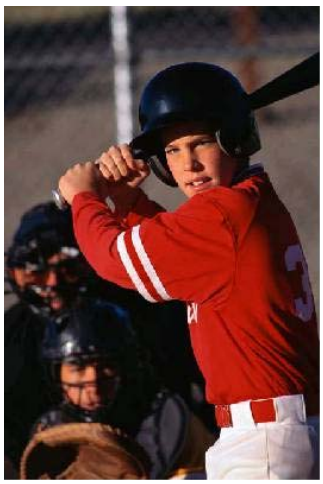
**They can help you:**

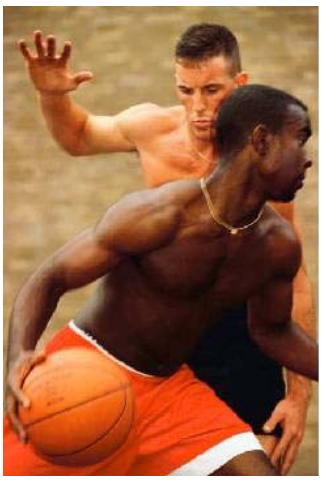
- Exercise more
- Choose healthy foods
- Feel happy
- Test blood sugar
- Get to the doctor
- Get supplies or medicine

# Exercise is important

Do something you like to do

Try to do it every day





# Save your feet

Feet can last

Shoes must fit

Socks must be clean and smooth

Wash feet daily and dry them

Do not go barefoot

If you have a sore, go to the doctor; do not wait!

# Eating for good health

Healthy food is important

Healthy weight is important

The body must be able to move

The body needs the right amount of food

Eat 3 meals a day (don’t skip meals)

Eat a variety of good foods

Avoid fried or “fast” foods—eat less of them

Fresh food with fiber is good

# Green Light Foods

## (May eat more)

Green vegetables

Carrots

Cauliflower, onions

Tomatoes

OK, but salty

Mushrooms

Diet soda, diet gelatin, Crystal Light, water, of course

# Yellow Light Foods are Good

(Must watch serving sizes)

Eat some at every meal.

How much ? (Smaller people need less; working men need more.)

Fruit:  3 to 4 pieces of fresh fruit per day

Milk or Yogurt — 2 to 3 cups per day

Eggs:  3 times a week or as the doctor says

Lean meat or chicken or fish or tofu;
4 to 8 ounces per day

Grill or bake

Starchy foods: 2 to 3 servings per meal
Potatoes, pasta, corn, rice, bread, grains, cereals, dried beans, peas, yams, grits, etc.

# Red Light Foods
## (Need to use less)

Eat small portions:

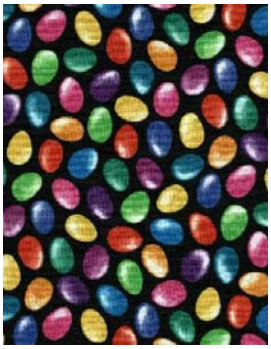
Chips, cookies, treats, candies

Butter, margarine, mayo, salad dressings

Salt, salty treats

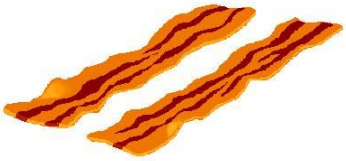
Fried foods

Ice cream, sherbet



Avoid:

- Sweet drinks
- Juice



# Thank You

Utah Diabetes Prevention and Control Program

Photographer, Paul Brooks

To get more copies of this booklet and/or other education materials visit our website
www.health.utah.gov/diabetes
or contact us at
Diabetes Prevention & Control Program
P.O. Box 142107
Salt Lake City, UT 84114-2107
Office: (801) 538-6141
Fax: (801) 538-9495

Supported by Cooperative Agreement #U32/CCU822702-02 from the Centers for Disease Control and Prevention (CDC).
This book is in the public domain and is not copyrighted. Anyone may reproduce any or all of the contents.
The contents are solely the responsibility of the Authors and do not necessarily represent the official view of the CDC.