



Diabetes – Take control,
and live the good life!

GRACE HEALTH MOMENT

3 John 1:2: *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

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Diabetes Mellitus

Type 1:

5 – 10 % of all patients with DM
the body's immune system destroys insulin
producing cells in the pancreas

Type 2:

90 – 95% of all patients with DM
“insulin resistance”
risk factors – older age, obesity, family history, race,
history of DM in a pregnancy, physical inactivity



Who is Affected?



Diabetes

Most frequently occurs after age 40

It is being seen more frequently in people under age 45, as well as under 21 due to patients being overweight and/or obese, as well as inactivity

Pre Diabetes

Is occurring with higher frequency

Blood glucose levels are higher than normal, but not quite high enough (yet) to be considered diabetes

Diabetes in Children

- 33% increased prevalence of
- Type 2 diabetes in past decade
- Those aged 6-10 represent the greatest increase in medication used to control blood sugar levels
- African American children most significantly affected
- Directly linked to obesity as 85% of children newly diagnosed children are obese
- High calorie, high fat diet and sedentary lifestyle are major factors



Symptoms of Diabetes

increased thirst

increased hunger

fatigue

increased urination (especially at night)

unintentional or unexplained weight loss

blurred vision

sores that do not heal



Complications of Diabetes...

Affects most parts of the body

Eyes (blindness)

Kidney (renal failure > dialysis)

Heart (heart attacks and heart failure)

Legs (gangrene and eventual amputation
of the toes, feet and legs)

Brain (stroke, hyperglycemic coma)

Gums (early loss of teeth)

Mind (depression, stress, anxiety)



THE GOOD NEWS!



people with pre diabetes and risk factors for diabetes can delay, and even prevent diabetes from occurring
can return blood glucose levels to normal
disability and premature death do not have to occur

Goals for Diabetes Treatment



Self management and education is a crucial component of medical care and controlling diabetes

Control blood glucose levels, blood pressure, blood lipids (cholesterol)

Exercise resulting in weight management/ loss

Receive timely preventive care services

Can lead to dramatic reductions in complications

GET IN CONDITION, AND GET MOVING!



Have a friend or family member join you

Walk (and use a pedometer)

Use stairs as often as possible

Dance (with spouse, friends, children or grandchildren)

Use food cans for “weight lifting”

Work out with television exercise programs and exercise videos from the library

At work, speak to people in person, instead of calling or using e mail

Get up to change the TV channel, instead of using the remote

Activity + weight control = Results!



In pre diabetes, a 7% weight loss

in a 5'3", 160 lb. woman – 11 pounds

in a 5'10", 210 lb. man – 14 pounds

PLUS



Physical activity of 30 minutes a day, 5 times a week

- Combined, can reduce the risk of Type 2 Diabetes by almost 60%

Prepare Yourself for Temptation!



- exercise earlier in the day
- eat lighter meals earlier in the day
- don't go to a holiday meal hungry
- have a supportive friend or family member prepare your food plate
- stop eating before you are full
- drink water
- avoid going back for "seconds" (= "two dinners")
- when you leave, take some food with you

Participate in Other Activities

Savor your company with conversations & games

- Look at photo albums and videos with family and friends
- Sing and enjoy music/dancing
- Enjoy fellowship while assisting with clean up
- Reward your efforts with a non food item



Prayer should be part of your Daily Diet !



- In the morning for strength to get you through the day's activity and food challenges, and to make GOOD CHOICES
- Before the meal to use to your strategies for eating healthy; to gain a greater appreciating of the importance of living healthy, as well as for life's many non food pleasures
- In the evening to give thanks for guiding and supporting you around seen and unforeseen obstacles and distractions

References

- American Academy of Family Practice
- <http://www.aafp.org>
- American Diabetes Association
- <http://www.diabetes.org>
- Centers for Disease Control and Prevention
- <http://www.cdc.gov/diabetes>
- Montefiore Medical Center
- <http://www.montefiore.org>
- Weight Watchers International, Inc.
- “Move More”, 2006



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