

# Diabetes

## *the more you know*

### WHAT IS PREDIABETES?

Before people get diabetes, they usually experience a stage of prediabetes. This means blood glucose levels are higher than normal but not yet high enough to be diagnosed with diabetes.

### RESULTS INDICATING PREDIABETES:

An A1C of 5.7% – 6.4%

A Fasting blood glucose of 100 – 125 mg/dl

According to the American Diabetes Association, you can lower your risk of type 2 diabetes by 58% by:

- Losing 7% of your body weight
- Exercising moderately (as approved by your doctor), 30 minutes a day and 5 days a week

## *Exploring the Facts*

Diabetes is a chronic condition that affects how your body is able to convert carbohydrates into energy. The carbohydrates are broken down into glucose and released into your blood stream. Your pancreas will release insulin in order to allow your body to use glucose from the carbohydrates in the food.

If you have diabetes, your body does not make enough insulin or is unable to use the insulin as well as it should. When your insulin is not functioning properly, too much glucose stays in your blood stream. Left untreated, this can lead to serious health problems such as kidney and heart disease, vision problems and other risk factors.

There are several ways to diagnose diabetes. Testing is performed in a health care setting.

The most common test is for your doctor to check your Hemoglobin A1c (also known as HbA1c) levels. This test measures the average level of blood glucose over the past two to three months. This test is also used to see how well you are managing your diabetes.

The following are the HbA1c ranges your doctor will review to diagnose type 2 diabetes and determine how well you are managing diabetes if you already received a diagnosis.

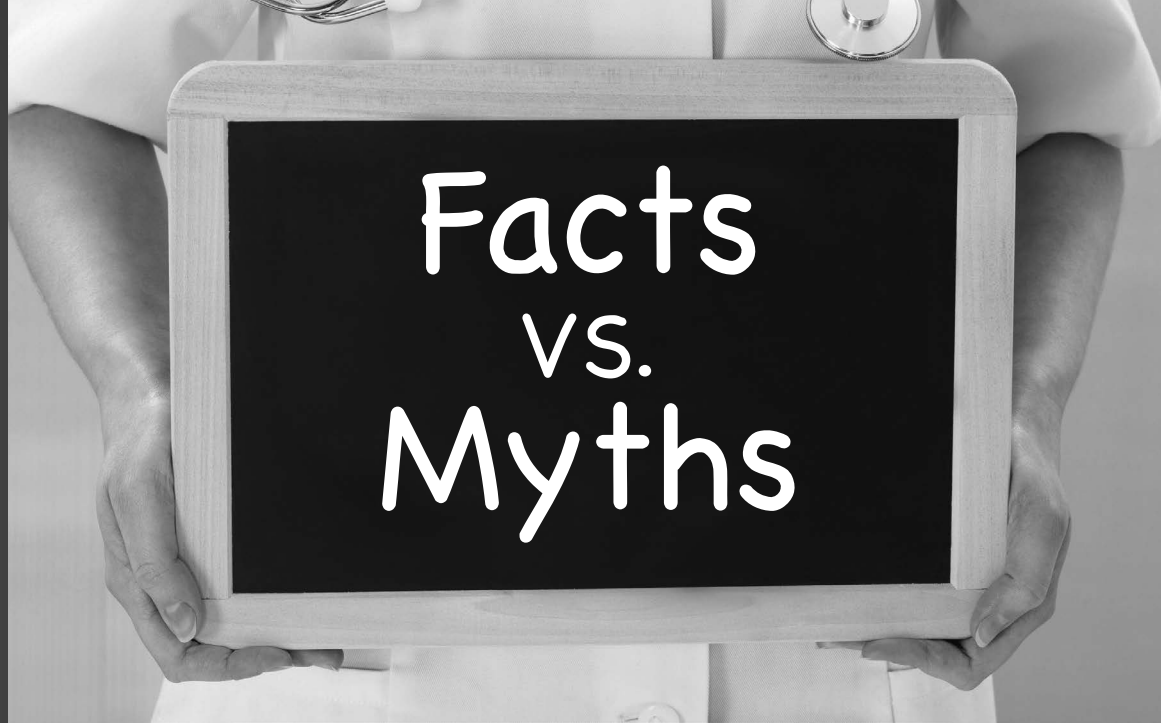
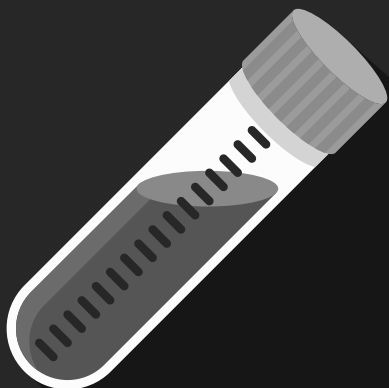
<b>Normal</b>	less than 5.7%
<b>Prediabetes</b>	5.7% to 6.4%
<b>Diabetes</b>	6.5% or higher

## MONITOR YOUR BLOOD GLUCOSE

Monitoring your blood glucose is one of the most important steps in managing your diabetes. Your glucose levels can help you identify foods that cause your levels to spike.

It would be helpful to your doctor to see a record of your blood glucose over a period of time. By keeping a record of your glucose readings, you and your doctor can identify the best approach to help you keep your blood levels within normal range.

Check out the blood glucose tracker on the next page.



## Take the Type 2 Diabetes Quiz

### Myths and facts about type 2 diabetes

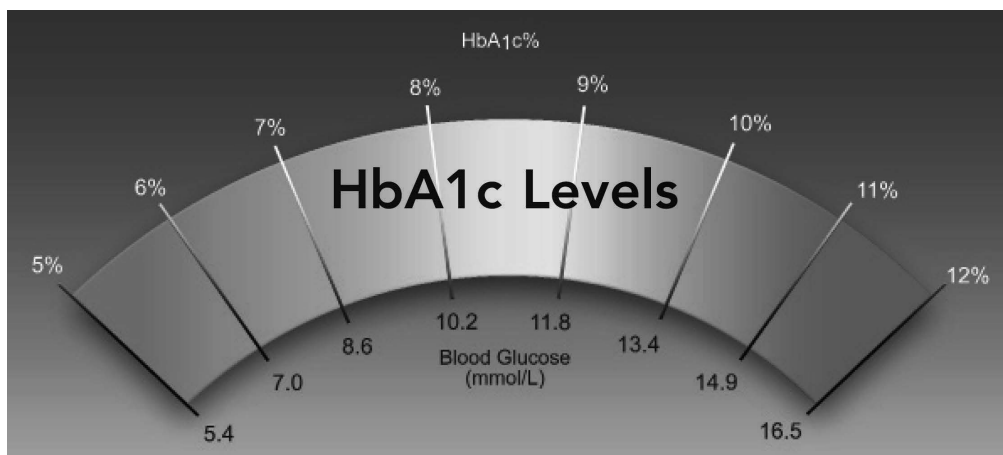
Check your answers on the bottom of the page

1. People who have diabetes cannot eat dessert. ☐ True ☐ False
2. Diabetes is not a fatal condition. ☐ True ☐ False
3. People who have diabetes have:  
☐ Too much Insulin  
☐ Too much blood sugar  
☐ Both of the above
4. You don't always have symptoms. ☐ True ☐ False

### Answers

1. False: The great news is that dessert is not off the menu! Just watch your weight, eat a balanced diet and have dessert in moderation.
2. False: Did you know that Diabetes is one of the leading causes of death in the United States? According to the CDC, about 70% of people over the age of 65 who have diabetes are at high risk of heart disease.
3. Both of the above: When you have type 2 diabetes, the insulin resistance leads to too much glucose in your blood which results in your pancreas creating even more insulin. That's how you end up with too much of both.
4. True: Almost a third of people with diabetes don't know they have it.





## Track Your Blood Glucose Levels

	BREAKFAST		LUNCH		DINNER		BEDTIME
Date	Before	After	Before	After	Before	After	

### HOW TO TRACK

Your doctor will discuss with you how often you should be monitoring your blood glucose levels. Some people need to monitor it more often than others. It's important to follow your doctor's recommendation.

The blood glucose tracker on the left is a sample of how you can record your levels so that you can share the results with your doctor during your appointments.

### WHAT'S MY TARGET?

According to the American Diabetes Association, your blood sugar levels should be as follows.

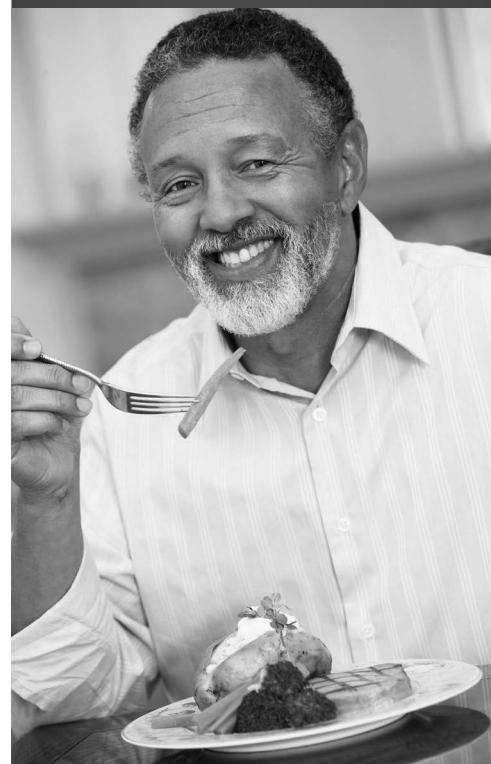
#### Before Meals:

80 to 130 mg/dl

**1-2 Hrs after meals:** below 180 mg/dl

## Questions to ask your Doctor

1. How often should I check my blood sugar?
2. How should I take my diabetes medicine?
3. Do we need to make any changes to my diabetes plan of care?
4. When should I call a doctor?
5. What should I do if I get sick?
6. How often should I get my eyes and feet checked?





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**YOUR DOCTOR IS THE BEST SOURCE OF INFORMATION FOR YOUR  
UNIQUE DIABETIC NEEDS. YOU CAN ALSO FIND SOME HELPFUL TIPS  
AND TOOLS ON THESE WEBSITES:**

**American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org)

**Phone:** 1-800-DIABETES (342-2383)

**Centers for Disease Control and Prevention**

[www.cdc.gov/diabetes/](http://www.cdc.gov/diabetes/)

**Phone:** 1-800-CDC-INFO (800-232-4636)

**TTY:** 888-232-6348

**U.S. Department of Health and Human Services:**

**National Institute of Diabetes and Digestive and Kidney Diseases**

[www.niddk.nih.gov](http://www.niddk.nih.gov)

**Phone:** 1-800-860-8747

**TTY:** 1-866-569-1162