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Welcome to the Wellness and Recovery e-Newsletter

American Diabetes Association
Alert Day - March 28

In this Issue: DIABETES

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Diabetes is a fast-growing disease, affecting 29 million Americans In 2012. Diabetes cannot be cured, but it can be managed and people can live well with it. Diet, exercise, and medication all play crucial roles in treating diabetes.



What is Diabetes?

In diabetes, the glucose (sugar) that carries energy to the body's cells rises to harmful levels in the bloodstream. Left untreated, it can take a huge toll all over the body. It can damage nerve cells, blood vessels, the heart, kidneys, eyes and other organs. It is one of the most widespread serious diseases in America, and it is the nation's seventh leading cause of death. There are two main types of diabetes. Type 1 diabetes is managed with insulin as well as dietary changes and exercise. Type 2 diabetes may be managed with non-insulin medications, insulin, weight reduction, or dietary changes. For detailed information on diabetes visit www.diabetes.org.

What Causes Diabetes?

There are different types of diabetes and the causes vary based on the type of diabetes you have. Some factors include, genetics, viruses, lifestyle factors such as obesity, lack of activity, etc. Likewise, losing weight and exercising are good ways of managing it. They might even help prevent the disease if you have *prediabetes*—when blood sugar is abnormally high but not yet at the level of diabetes. Some medications that you take for your mental health may cause a rise in your blood glucose level. These same medications may cause you to gain weight, and being overweight appears to raise the risk of diabetes.

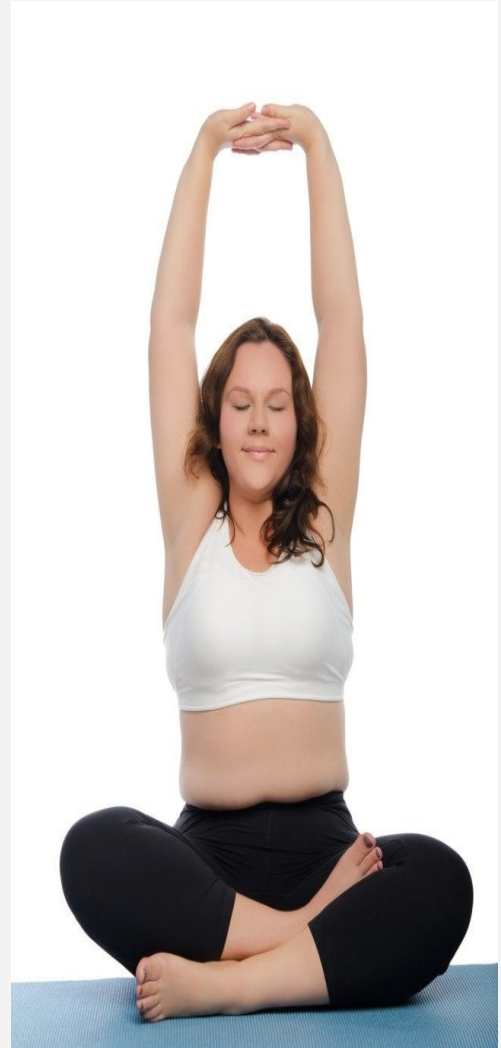
Treatment and Managing Diabetes

Controlling blood sugar (glucose) levels is the major goal of **diabetes treatment**, in order to prevent complications of the disease. Type 1 **diabetes** is managed with insulin as well as dietary changes and exercise. Type 2 **diabetes** may be managed with non-insulin medications, insulin, weight reduction, or dietary changes. Diabetes cannot be cured, but the methods for treating it are improving. People who have the disease can manage it and lead long, full lives. The key is to take responsibility and take charge. Diabetes is not a disease that you can treat just by taking medication and seeing a doctor now and then. It calls for more. You need to eat right, exercise regularly and, keep a close watch on your blood sugar. Doctors and experts are important. But your success in dealing with diabetes depends in large part on you.



Harmful Myths About Diabetes:

- Myth:** Diabetes isn't all that serious.
- Fact:** Yes it is. There can be serious complications with diabetes.
- Myth:** Thin people don't get type 2 Diabetes.
- Fact:** Other risk factors include age, race, and genetics.
- Myth:** Taking insulin is a sign of failure.
- Fact:** Insulin for type 2 diabetes may be the best choice for you. That is no reflection on you.
- Myth:** People with diabetes can't lead an active lifestyle.
- Fact:** Exercise is good for you and important to your treatment plan.





Living Well With Diabetes

There is no cure for diabetes but it can be managed. Here are recommendations that can help you live a full and healthy life.

- ◆ See your health care provider regularly
- ◆ Discuss with your health care team target goals for blood sugar, blood pressure and cholesterol levels
- ◆ Monitor your blood sugar levels regularly
- ◆ Use a diabetes meal plan that includes healthy food choices
- ◆ Get regular physical exercise as prescribed by your health care provider
- ◆ Take your medication even when you are feeling good
- ◆ Maintain a healthy weight
- ◆ If you smoke, ask for help to stop smoking
- ◆ Check your feet every day for cuts, blisters, red spots. Call your health care provider if you have sores that do not heal right away
- ◆ Ask for support from family and friends when you need it
- ◆ Learn ways to cope with stress which can raise your blood sugar levels
- ◆ Discuss how your self-plan is working each time you meet with your health care provider

Source: American Diabetes Association - www.diabetes.org , National Institute of Diabetes and Digestive and Kidney Diseases -www.niddk.nih.gov

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- ◆ Maintain a positive attitude