

COPING WITH DIABETES

Make sure that you are having regular checkups with your health care provider. Regular check ups include having a annual physical exam , labs and proper immunizations. If you are having any complications or changes in your health make sure to contact your health care provider.

References

“Treatment and Care.” Living With Diabetes. American Diabetes Association, 2013. Web. 18 October 2013.

Fuhrman, Joel. Interview by Shelley Emling. “Diabetes Diet.” *New Book ‘The End of Diabetes’ Highlights Ways To Prevent And Reverse The Disease*. January 2013.

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Living With Diabetes



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What is diabetes?

- A chronic disease in which the body produces insufficient or no insulin which causes elevation of blood glucose levels.



General Facts

- Almost sixteen million people in the United States have either Type 1 or Type 2 diabetes.
- A person is diagnosed with Type 1 diabetes if their body does not produce insulin.
- Type 1 diabetes occurs mostly in young children and young adults.
- A person is diagnosed with Type 2 diabetes if their body resists insulin. The body begins to overwork itself by producing excess insulin.
- Type 2 diabetes occurs mostly in older adults but is becoming more common in younger generations.
- 95% of the people diagnosed with diabetes have Type 2.



EATING HEALTHY

The first step to eating healthy is learning how much you should eat. Eating healthy with diabetes is important because it regulates blood glucose levels. A healthy diet consists of 1/2 cup of vegetables and 1/4 cup of protein and carbohydrates in each meal. Everyone needs carbohydrates to live but too much causes a rise in blood glucose levels. Carbohydrates consist of starches, sugars and fibers. Starches include breads, pasta, rice and some vegetables including potatoes. Natural sugars can be found in fruits and added sugar is found in desserts and soda. Fibers are actually a good carbohydrate because it helps regulate blood glucose levels. Diabetics should eat carbohydrates but watch the proportion size. Diabetics can reduce the amount of carbohydrates they take in by drinking water instead of sodas. When going to a grocery store make sure to buy lean meat such as chicken and avoid buying foods that are high in fat. Also make sure to buy whole grain foods. For a food to be considered whole grain it must be listed as the first ingredient on the label. A lot of red meat is not healthy for a person. If the meat is red the package that the meat is in should say round or sirloin. Fruits and vegetables are optimal choices. Frozen vegetables are better than canned because of less salt.

EXERCISE

Exercise is essential to everyone but especially to those with diabetes. People with Type 2 diabetes are usually overweight. If the person can maintain a healthy weight their blood glucose levels will regulate. Exercise helps with the use of insulin in the body.

Exercises that can be done:

- Walking/Running
- Dancing
- Swimming
- Bicycling

It is recommended to exercise at least 30 minutes daily. If this is too much, start out at a lower level or break the amount up. For example, you could workout for 10 minutes 3 times daily.

Make exercising fun! Find others that are trying to reach a goal.

