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Diabetes Management

Diabetes: Facts and Myths

Diabetes is a complex disease that affects your body's primary source of energy — glucose (sugar). By far, the most common form of diabetes is type 2. It's caused by resistance to the hormone insulin, which is needed to get glucose into your cells. When this occurs, glucose accumulates in your bloodstream, leading to several serious complications. Learn the facts:



MYTH VS. FACT

- 1. MYTH:** Type 2 diabetes only develops late in life. **Fact:** More and more children and teens are now developing this condition.
 - 2. MYTH:** A high-sugar diet is the primary cause of type 2 diabetes. **Fact:** A diet high in calories from all sources, and a sedentary lifestyle, can lead to obesity, which is a primary risk.
 - 3. MYTH:** People with diabetes must follow a special diet. **Fact:** A healthy meal plan for people with diabetes is generally the same as healthy eating in general; sweets and refined grains are allowed in moderation.
 - 4. MYTH:** Smoking cigarettes does not affect blood sugar. **Fact:** Smoking raises blood sugar levels and insulin resistance and increases the risk of most diabetes complications.
 - 5. MYTH:** People with diabetes are more likely to get colds and flu. **Fact:** Getting sick can elevate blood sugar and the risk for complications from the flu and other diseases. Flu shots and other vaccines offer protection.
 - 6. MYTH:** The best treatment for diabetes is insulin. **Fact:** When first diagnosed with type 2 diabetes, many people can keep their glucose at a healthy level with a positive lifestyle and medication.
 - 7. MYTH:** Most people with diabetes live a normal life span. **Fact:** Many die prematurely from heart disease, heart attack or kidney disease.
- Good news:** People with type 2 diabetes can sometimes restore their blood sugar levels to normal just by eating a healthy diet, exercising regularly and losing weight.

Prediabetes 101

Chances are you've heard of diabetes and know someone who has it.

But do you know about **prediabetes**?



Prediabetes is a condition that signals an increased risk for developing type 2 diabetes. Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. A diagnosis of prediabetes is made when the fasting blood sugar level is between 100 and 125 milligrams per deciliter. (Levels of 126 and higher are considered indicative of diabetes.)

The good news is that early detection puts you in the driver's seat for preventing or delaying type 2 diabetes. You can get your blood sugar within healthy levels with practical changes and regular checks.

Diagnosing Diabetes

Scientists are learning more about diabetes, a complex and serious disease that affects millions of Americans in 2 forms: Type 1 and type 2. Knowing some key points can help you better understand these conditions.

Proper screening and tight control of blood sugar levels can help delay or prevent serious complications of diabetes, including eye, kidney or nerve damage as well as heart disease.

Due for a screening? You should share your concerns about diabetes with your health care provider if you have these primary risk factors:

- You're age 45 or older and overweight.
- You're younger than age 45 but are overweight, and have a family history of diabetes (**learn more at diabetes.org**).

Type 2 is by far the most common form of diabetes, and can often be prevented. It occurs when the body becomes resistant to or doesn't make enough insulin, resulting in high blood sugar levels. About 95% of people with diabetes have type 2.

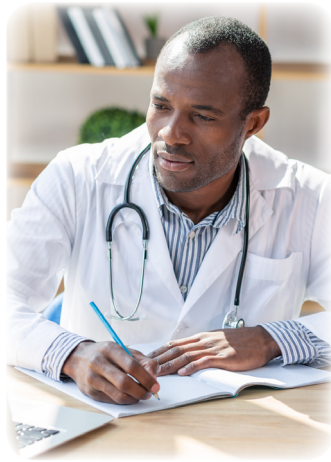
Type 1 is a chronic condition in which the pancreas produces little or no insulin. In people with type 1, the body's immune system mistakenly destroys insulin-producing cells. Type 1 typically occurs in childhood and requires daily insulin injections. About 5% of diabetes patients have type 1.

Emphasize exercise for better blood sugar. Research shows that combining aerobic exercise and strength training can help control and prevent diabetes. Whether or not you have diabetes, you can help keep your blood sugar levels in good order with daily exercise:



- ➔ At least 150 minutes of moderate-intensity physical activity weekly.
- ➔ Two or 3 strength training sessions per week.
- ➔ Frequent, sustained activities that elevate your heart rate, such as brisk walking, hiking, cycling and class workouts.

Note: Get your provider's okay before significantly changing your exercise routine.



QUIKRISK™ assessment: Metabolic Syndrome:

Metabolic syndrome is a cluster of dangerous factors that can increase the risk of developing type 2 diabetes, stroke and heart disease. Metabolic syndrome is diagnosed when 3 of the following 5 risk factors are identified:

1. Abdominal obesity
2. High triglycerides (a type of blood fat that increases heart disease risk)
3. Low HDL (good) cholesterol
4. High blood pressure
5. High blood sugar

These conditions result from a combination of hereditary and lifestyle factors. They can be treated and improved with in some cases, medication. nutrition, exercise and, in some cases, medication.

YES	NO	
<input type="checkbox"/> (10)	<input type="checkbox"/> (0)	1. My waist measures more than 40 inches (men), or 35 inches (women).
<input type="checkbox"/> (10)	<input type="checkbox"/> (0)	2. My HDL (good cholesterol) is less than 40 mg/dL (in men), or 50 (in women).
<input type="checkbox"/> (10)	<input type="checkbox"/> (0)	3. My triglyceride level is 150 milligrams per deciliter (mg/dL) or higher.
<input type="checkbox"/> (10)	<input type="checkbox"/> (0)	4. My blood pressure is at least 135/85. The higher the level, the higher the risk for heart disease.
<input type="checkbox"/> (10)	<input type="checkbox"/> (0)	5. I have a fasting blood glucose level of 100 to 125 mg/dL (prediabetes).

How did you do?

If you scored **0-10 points**, you're probably at low risk for metabolic syndrome.

If you scored **10-30 points**, you may be at increased risk for metabolic syndrome. Talk to your health care provider during your next visit.

If you scored **30-50 points**, you could be at very high risk for heart disease. Ask your provider about changes you can make to reduce your risks, such as eating better and exercising more.



November is Diabetes Month

