

Diabetes 101: The Basics

Presented by: Diabetes Awareness & Wellness Network

Objectives

Upon completion of this lecture the participant will:

- Know what is Diabetes
- Understand how insulin works to lower blood sugar
- Identify the risks factors for becoming diabetic
- Explain methods on managing diabetes



What is Diabetes?

A group of diseases that affect blood sugar (glucose)

It causes you to have too much sugar in the blood

Glucose is an important source of energy

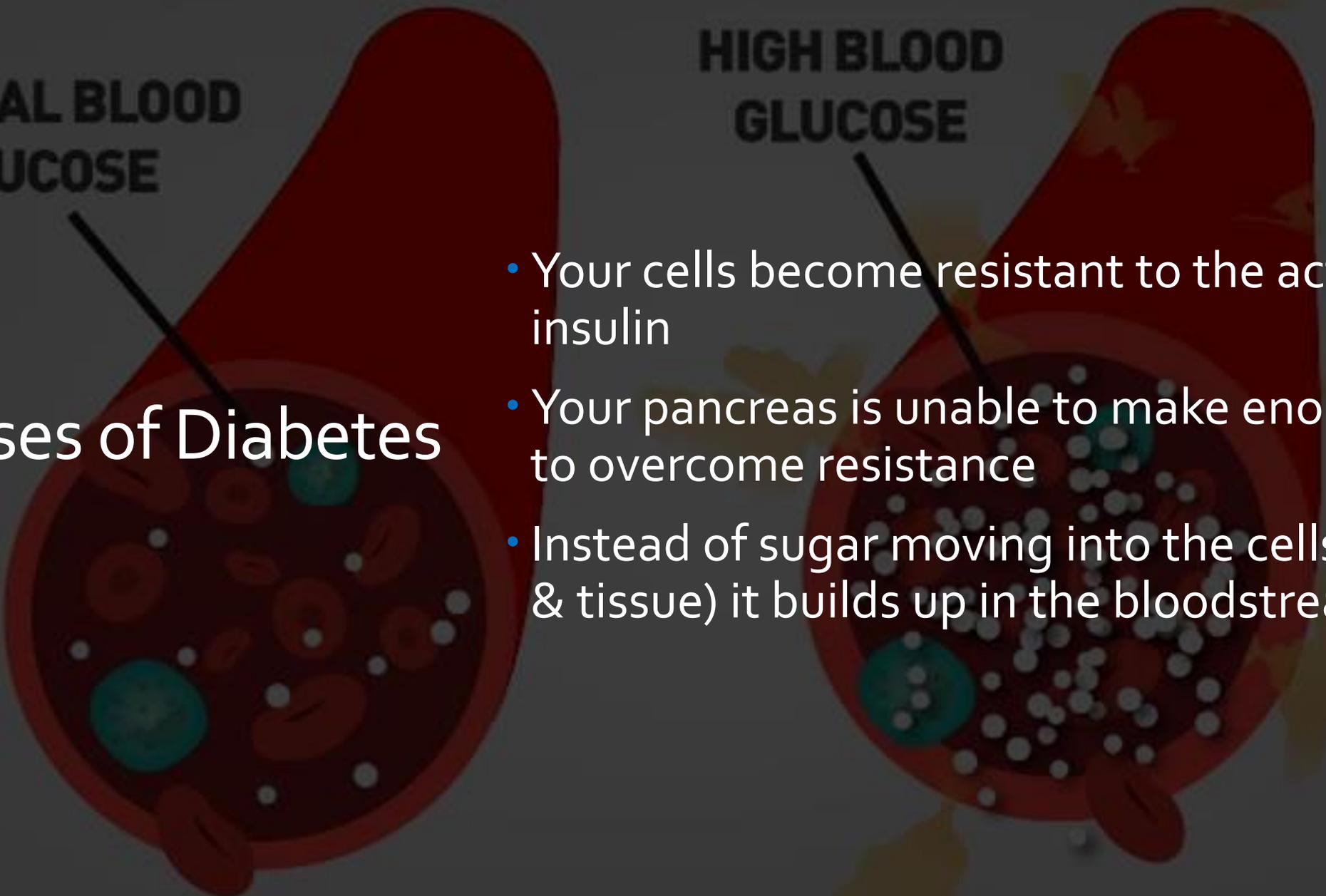
Glucose is your main source of fuel

**NORMAL BLOOD
GLUCOSE**

**HIGH BLOOD
GLUCOSE**

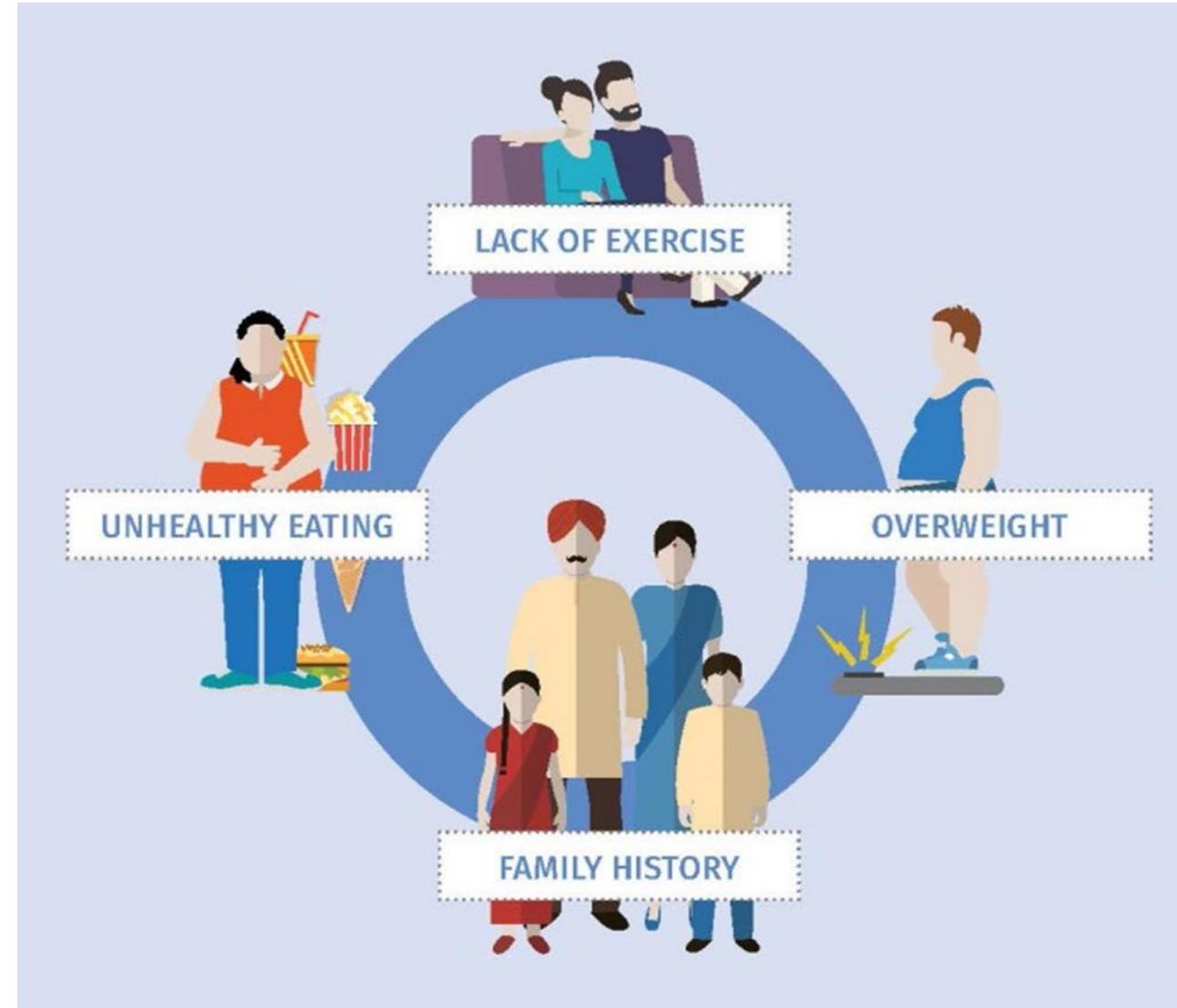
Causes of Diabetes

- Your cells become resistant to the action of insulin
- Your pancreas is unable to make enough insulin to overcome resistance
- Instead of sugar moving into the cells (muscle & tissue) it builds up in the bloodstream

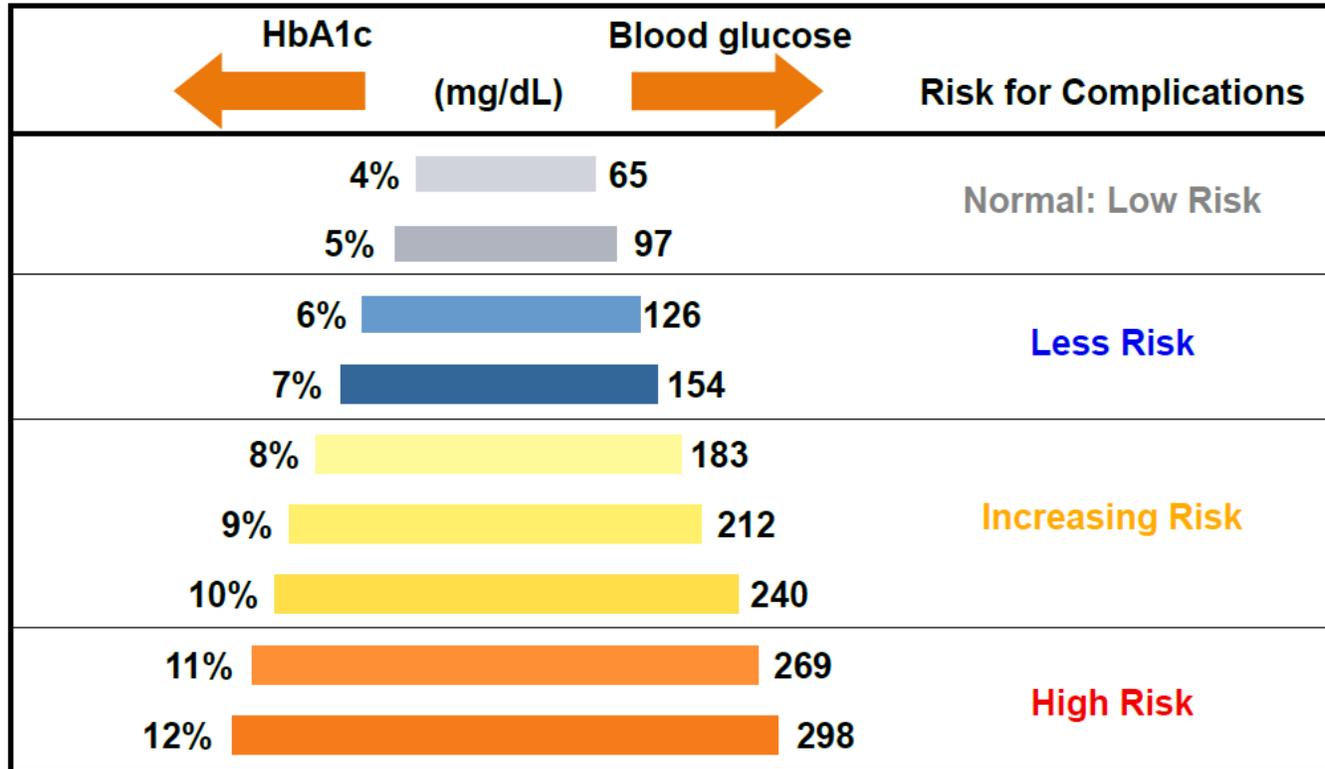


Type 2 Diabetes Risk Factors

- Lack of exercise
- Overweight
- Unhealthy Eating
- Family History
- High blood pressure
- Abnormal cholesterol
- Gestational diabetes



Relationship between HbA1c, blood glucose and complications



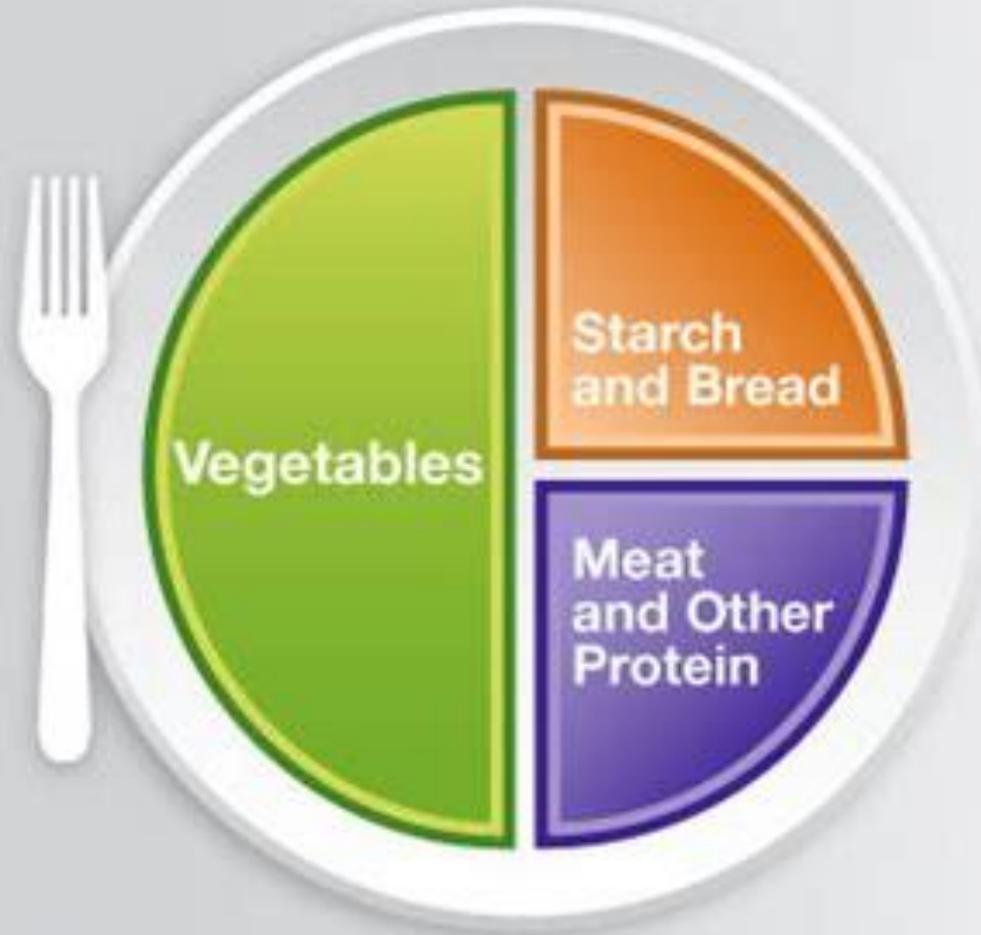
Screening and Diagnosing

- An A1C of 5.7-6.4 is considered pre-diabetic
- An A1C of 6.5 or > on two separate tests indicates Diabetes
- A1C should be taken at least once a year

Healthy Eating

Healthy Eating consists of carbohydrate counting, using the plate method and portion control.

Plate is 9" in diameter with regular-size portions



These foods raise blood sugar.

These foods slightly raise blood sugar.

These foods have little effect on blood sugar.



Physically Active

The Benefits of Exercising:

- Decreases blood glucose for up to 12 hours
- Reduce the risk for stroke and heart attack
- Improves muscle cells ability to absorb glucose from the blood
- May lower your need for medication
- Provide more energy
- Decrease weight and belly fat
- Improves cholesterol levels
- Improves your blood pressure
- Decrease feelings of stress and depression
- Improves overall well-being

The background of the slide features a collage of medical-related items. On the left, a dark grey vertical bar contains the title 'Taking Medication' in white text. Behind this bar, a calculator is visible. The rest of the background is a light-colored surface with several items: a white pipette with a blue cap, three glass ampoules, a pair of tweezers, and several colorful capsules (red, yellow, green, blue) scattered across the bottom and middle sections.

Taking Medication

- Pills that increase insulin production can lead to low blood glucose
- Some pills require lab work to monitor liver function
- Don't stop taking your medications without notifying your physician





Questions ?



Thank you!

Reference

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- Choose My Plate (2019) What is My Plate. Retrieved from <https://www.choosemyplate.gov/MyPlate>