



DIABETES

INFORMATION GUIDE

THIS GUIDE IS DESIGNED TO BE INFORMATIONAL AND SHOULD NOT BE USED TO REPLACE YOUR DOCTOR'S ADVICE. WE ADVISE THAT YOU STRICTLY FOLLOW YOUR DOCTOR'S MEDICAL ADVICE.

FACTS ABOUT PRE-DIABETES

My Doctor Just Told Me I'm Pre-Diabetic

Learning that you're pre-diabetic can be scary news. If your doctor just informed you that your blood sugar levels are not what they should be, it can be difficult to know what to do next. As tough as it is to hear that you're pre-diabetic, there is a silver lining: you now have a chance to do something about it! With a bit of know-how and a solid understanding of what's happening in your body, you may be able to prevent progression to diabetes and the complications associated with it by making healthy, positive changes to your lifestyle.

What is Pre-Diabetes?

If you are pre-diabetic, don't panic! You don't have diabetes ... yet. Instead, your blood sugar level is high enough to be outside the "normal" range. We'll talk a little more about how that works later on in this guide, but for now just know that it's time to take action. You should also know that you're not alone. According to the American Diabetes Association, 88 million Americans had pre-diabetes in 2020. It's a common condition, and one that you can do something about.

Pre-diabetes is a warning sign that your risk of diabetes and heart disease is higher than the average person's. Though there are some who may be more at risk of progressing to diabetes than others, everyone should make healthy changes to their lifestyle. People with even mildly elevated glucose have higher levels of inflammation that can also lead to heart attacks and strokes. That's why pre-diabetes is such an important thing to pay attention to. While you don't have a huge problem now, if you don't make changes you could be in danger.

The Dangers of Pre-Diabetes

If you don't make changes to your lifestyle, you may progress to type 2 diabetes. Type 2 diabetes is a very serious condition in which your body is unable to effectively process the sugar in your blood. This puts you at risk for many dangerous (and even life-threatening) complications. If you don't take steps to control your blood sugar now, you'll be at risk for the following:

**Heart Disease:**

People with diabetes are twice as likely as people without diabetes to have heart disease and stroke. People with diabetes and pre diabetes are also likely to have issues with their heart at a younger age. Over time, high levels of glucose increases the build-up of fatty materials and causes increased inflammation on the walls of your blood vessels. This build-up and inflammation can make it difficult for your blood to flow through the vessels and increases your risk for developing a clot that results in a heart attack, stroke, and other serious problems.

**Nerve Damage:**

High levels of blood sugar can also cause damage to your nerves. As a result, you might feel tingling, pain, or numbness in your legs, feet, arms, and hands. The nerves that allow normal digestion and control bowel and bladder function can also be affected. Between 60 and 70 percent of people with diabetes have some kind of nerve damage.

**Foot Damage:**

Diabetic nerve damage affects the feet more than any other part of the body. You might lose the ability to feel anything in your feet, including pain and the skin can become dry and cracked. This makes it difficult to notice foot injuries, like cuts and scrapes. If you don't feel pain from a foot injury, you're not as likely to take care of it, increasing your risk of infection. In extreme cases, this lack of feeling (combined with poor circulation) makes amputation necessary.

**Eye Problems:**

Uncontrolled diabetes can damage blood vessels in your eyes. This can lead to dark spots, sudden decrease or loss of vision, and even blindness. Fluctuating blood sugars can cause intermittent blurry vision. Diabetes also increases your risk of cataracts (a cloud over your eye's lens) and glaucoma (nerve damage in the eye due to pressure).

**Dementia from All Causes:**

Research into the connection between diabetes and dementia, including Alzheimer's disease has evidence that people with type 2 diabetes have a higher chance of developing some type of dementia.

**Kidney Damage:**

Uncontrolled diabetes causes injuries to small blood vessels all over the body, including the kidneys. This damage keeps your kidneys from cleaning your blood the way they should. This can lead to many complications, including weight gain, swelling in your ankles, and a build-up of waste materials in your blood. In the late stages of kidney disease, you might need to go on dialysis or receive a kidney transplant.

**Hearing Loss:**

Hearing loss is twice as common in people with diabetes as it is with people who do not have diabetes. Research into why this is so is still ongoing.

**Erectile Dysfunction**

This is a strong indicator of impending heart disease.

Pre-Diabetes is Not Diabetes

It's normal to feel worried about these complications, but if you're pre-diabetic, there's good news. If you make aggressive changes in your lifestyle now, you can keep your condition from progressing to full-blown diabetes and protect yourself from these complications. Changes in your diet, exercise levels, and weight can all help you stay safe and healthy. We'll give you some great ideas on how to make these types of changes later on in this guide.

What Causes Pre-Diabetes?

Every time you stand up, walk to the car, bend down to pick a flower, or even take a breath, your body is using energy that it gets from glucose. Glucose is a type of sugar that comes from the carbohydrates in your food. Your body creates a hormone called insulin to transport glucose from the bloodstream to your cells for immediate use or for storage.

Pre-diabetes occurs when your body is developing insulin resistance. This means your body isn't using the insulin it makes properly. Instead of transporting glucose out of your blood stream, the sugar begins to build up. As a result, your body doesn't get the energy it needs, leaving you feeling tired and hungry. If you are pre-diabetic, the level of sugar in your blood is a little higher than normal. This imbalance might not be enough for you to notice any symptoms, but if you don't make any changes it will get worse over time.

Risk Factors for Pre-Diabetes

So what is it that changes your body's ability to use insulin the right way? Unfortunately, the exact cause is still unknown. There are some clear risk factors for diabetes, though, and many of them are under your control. If you have any of these risk factors, there is a good chance that they contributed to your diagnosis of pre-diabetes. Making changes in these areas can help you improve your health and reduce the risk of progressing to diabetes.

Weight:

There's no way around it: the higher your weight, the higher your risk of diabetes. 89 percent of people who get diabetes are overweight or obese. Your risk is especially high if you tend to carry your weight on your waist. Men with a waist that is bigger than 40 inches around and women with a waist that is more than 35 inches have a high risk of pre-diabetes and diabetes. Asian Americans have an increased risk with a smaller waist circumference because they have a smaller body size in general. Fatty tissue around your belly tends to make your cells resistant to insulin, raising your blood sugar levels. This fatty tissue also increases inflammation that leads to full-blown diabetes and heart disease.

Activity Level:

Regular physical activity helps your body use insulin more effectively. A lack of regular physical activity means you're missing out on something that makes your body more sensitive to insulin. The result? A higher risk of pre-diabetes. A lack of physical activity is also linked with being overweight or obese, which adds to your risk of diabetes.

Genetics:

There seems to be a link between diabetes and family history. Find out if your parents or grandparents had pre-diabetes or type 2 diabetes. If so, that likely contributed to your diagnosis.

Ethnicity:

Asian Americans, Pacific Islanders, African Americans and Native Americans are at a higher risk.

Age:

As you grow older, you also grow more likely to have diabetes. Your risk starts to go up when you turn 45. When you turn 65, your risk goes up much more quickly, often because of a decrease in physical activity and less healthy food choices. Unfortunately, there's no way to turn back time, but if you are over the age of 45 it is wise to keep a close eye on your blood sugar levels and make the necessary life style changes. This is especially true if you are pre-diabetic.

Other Health Issues:

You have a higher risk of pre-diabetes (and diabetes) if you have high blood pressure or low HDL (good cholesterol) or high triglycerides, especially if you have these issues and are obese.

Polycystic Ovary Syndrome (PCOS):

Women with PCOS (a condition which includes cysts on the ovaries, excessive facial hair, menstrual disorders, overweight and insulin resistance) have a higher chance of pre-diabetes. Insulin resistance may be to blame for the growth of these cysts, linking PCOS with an increased risk for diabetes.

What are the Symptoms of Pre-Diabetes

Your doctor might have diagnosed you with pre-diabetes after receiving the results of a routine blood test. Many people with pre-diabetes are diagnosed this way because this condition doesn't always cause noticeable symptoms. If you know you are pre-diabetic, keep an eye out for the following symptoms. They can act as a signal that your blood sugar is not under control and are a good way to know when it's time to check back in with your doctor.

Thirst:

If you find yourself feeling more thirsty than usual, it might be a sign that your blood sugar is rising. When there is more glucose in your blood, your kidneys have to work harder to get rid of it. To do so, they start to produce more urine. This ramped up urine production leaves you feeling thirsty.

Hunger:

If you have pre-diabetes, your body isn't converting the food you eat into energy very efficiently. Because your body isn't getting everything it needs to work properly, it requests more and more food, leaving you feeling hungry even after you've just had something to eat.

Frequent bathroom visits:

Do you feel like you're constantly running to the bathroom, even in the middle of the night? That's because your body needs to get rid of the extra urine it produced in order to deal with excess glucose in your blood.

Unexplained weight loss:

Pre-diabetes might make you hungry, but it can also make you lose weight. That's because you start to burn fat and muscle in order to make up for the energy it's not getting from your food. Having your weight fluctuate up and down a few pounds is normal but if you have any excessive, unexplained weight loss, get in contact with your doctor

Fatigue:

If you're up all night running to the bathroom, it's no surprise that you might be feeling a little tired in the morning. However, increased urination isn't the only reason why pre-diabetes might leave you feeling tired. High levels of sugar in the blood mean your cells are being deprived of the glucose they need for energy. As a result, you start to feel tired.

What Tests are Used to Detect Pre-Diabetes

Your doctor may have recommended a diabetes screening if you are over 45 or have risk factors for diabetes. They might have used one (or both) of these tests to

get a better understanding of your blood sugar levels. You might also undergo them again in order to monitor your blood sugar levels and ensure that you are not progressing towards diabetes.

A 1 C Test:

The A 1 C test is one of the most popular methods used to diagnose pre-diabetes. It measures the amount of glucose on your red blood cells. Because your red blood cells live for about 3 months before being replaced, the A 1 C test is a reliable way to measure your average blood sugar levels over the past 3 months. If you've been diagnosed as pre-diabetic, your A 1 C level is between 5.7 and 6.4. Keep an eye on this number as you visit your doctor for follow-up appointments. If it drops, that's a good sign that you've been keeping your blood sugar under control.

Fasting Blood Sugar Test:

A fasting blood sugar test measures the amount of glucose currently in your blood. To get an accurate reading, this test needs to be taken after you haven't eaten for 8-12 hours. To have a normal result on this test, your blood sugar needs to be less than 100 mg/dl. If your blood sugar level falls between 100 and 125 mg/dl, you're pre-diabetic. Like the A 1 C test, the fasting blood sugar test can help you determine how well your blood sugar is being managed over time.

2 Hour Glucose Tolerance Test:

2 hours after drinking 75 grams of glucose, this test should be below 140 mg/dl. If your blood glucose result is 140-199, you are pre-diabetic.

FACTS ABOUT TYPE 2 DIABETES

I've Just Been Diagnosed with Type 2 Diabetes

Being told that you have type 2 diabetes can be scary news, especially if you don't know what to expect. You may be feeling overwhelmed by all of the medical information your doctor gives you, or your symptoms might be making you feel very uncomfortable. There's a lot going on in your body right now, and probably a lot going on in your head.

If you have type 2 diabetes, you're not alone. In fact, 34.2 million Americans live with some type of diabetes according to the Center for Disease Control Diabetes Statistics, revised in 2020. Type 2 is the most common kind, accounting for 90-95%

of all the people with diabetes. You're also not out of options. This guide is designed to help give you the facts you need to manage your condition and stay healthy. By working with your doctor and your diabetes team and taking good care of yourself, you can live a long, healthy life.

What is Type 2 Diabetes?

If you've been diagnosed with type 2 diabetes, your doctor has determined that the amount of glucose (a type of sugar) in your blood is above normal levels. The reason your glucose levels are high is because your body isn't using a hormone called insulin the right way. For some people, type 2 diabetes occurs because their body isn't making enough insulin. In other people, their body might not be using insulin very effectively.

Your body needs food in order to have enough energy to do just about anything. More specifically, it needs the glucose from your food. Whenever you eat something, the body breaks it down and releases the sugar it finds into the blood stream. Normally, your pancreas responds to this increase in sugar by creating more insulin. The insulin tells your cells to open and allow the glucose in. Your body may use the glucose right away, or it might store it for later use. The important thing is that it's out of your blood system.

If you have diabetes, though, this system doesn't work as smoothly. When you don't have enough insulin, or if your body doesn't respond to insulin, the glucose in your blood doesn't enter your cells. Instead, it just builds up in your blood stream. High glucose levels can cause many problems for your body, especially if it's not managed the right way.

Why Is My Body Having Trouble with Insulin?

We don't fully understand why some people have diabetes and some don't. However, there are some clear risk factors:

Being Overweight and Carrying Fat on Your Abdomen:

There is a clear connection between being overweight and having type 2 diabetes. In fact 89% of people who have diabetes are overweight or obese. The place where you carry weight is also significant. Fatty tissue around your waist and belly tends to make your cells more resistant to insulin, something that can cause your blood sugar levels to rise. Your risk of diabetes is higher if you're a woman with a waist that's more than 35 inches around, or a man with a waist that is bigger than 40 inches. Asian Americans may have an increased risk with a smaller waist circumference because they have a smaller body size in general.

Not Getting Enough Exercise:

Exercise helps your body use insulin the right way. If you don't exercise, you're missing out on a tool that can help your body manage blood sugar effectively. This leaves you with a higher risk of diabetes. Not getting enough exercise is also linked with being overweight or obese, which further increases your type 2 diabetes risk.

Having a Family History of Diabetes:

Researchers have found that there is a link between having a family history of diabetes and experiencing diabetes yourself. If your parents or grandparents had diabetes, it might have contributed to your diagnosis.

Your Genetics:

Hispanic Americans, Asian Americans, Pacific Island Americans, African Americans and Native Americans are at a higher risk.

Your Age:

Young people are developing both Type 1 and Type 2 diabetes at an alarming rate. Type 2 diabetes in youth was nearly unheard of until the last two decades. This is reported as occurring at the rate of over 5,000 people under the age of 20 annually. Your risk of diabetes also increases as you age. When you turn 45, your risk starts to increase slowly. When you turn 65, your risk goes up much more quickly, often because of a decrease in physical activity and less healthy food choices. While there's nothing you can do to turn back time, you can start to keep a close eye on your blood sugar levels as you grow older, remain physically active and make healthy food choices. According to the CDC's 2017 Diabetes Statistics Report, adults ages 45-64 were the most diagnosed group.

Having Polycystic Ovary Syndrome (PCOS):

This condition, in which includes cysts that grow on the ovaries, excessive facial hair, menstrual disorders, overweight and insulin resistance puts women at a higher risk of type 2 diabetes. Researchers believe that a resistance to insulin might be the cause of these cysts' growth, which creates a clear connection between PCOS and diabetes risk.

Being Diagnosed with Pre-Diabetes:

Your doctor may have diagnosed you with pre-diabetes a few years ago if your blood sugar was a little bit higher than normal. Pre-diabetes is a clear sign that your body is not processing or using insulin as it should, and is a notable risk factor for type 2 diabetes.

How Does My Doctor Know I Have Diabetes?

Your doctor has a variety of tests at his or her disposal to help determine if your blood sugar levels are out of the 'normal' range. The following four tests are the most commonly used to diagnose diabetes.

A1 C Test:

Also known as the glycated hemoglobin test this blood test determines how much sugar is attached to your red blood cells. The more cells have sugar attached, the higher your blood sugar levels have been over the past 2-3 months. In order to diagnose someone with diabetes, this test must return a score of 6.5 percent or higher on two separate tests.

Fasting Blood Sugar Test:

For this test, you'll be asked to go without eating for 8-12 hours (usually overnight). Your blood will be drawn and tested to measure how much glucose is present. A normal result is less than 100 mg/dl. If your results are 126 mg/dl or greater on two separate tests, you have diabetes.

Random Blood Sugar Test:

This test involves taking a blood sample at a random time. If the results show that your blood level is 200 mg/dl or above and you have symptoms of high blood sugar, you likely have diabetes. Your doctor will likely order one of these others tests to confirm the diagnosis.

Oral Glucose Tolerance Test:

After fasting overnight, your blood sugar level is measured. You'll be given glucose, a sugary liquid to drink, and then your blood will be tested from time to time over the next two hours. If your blood sugar level is 200 mg/dl or higher after two hours, you have diabetes.

What Symptoms Will I Have?

Diabetes causes many symptoms, some of which you might be experiencing already. Here are the most common issues people face when blood sugar is above normal. It is important to know that some people have no symptoms until a major complication occurs.

Increased Urination:

When your blood sugar levels rise, your kidneys start working harder to lower them. The number one way they do this is by producing more urine. The result? You'll find yourself running to the bathroom much more often than usual.

Increased Thirst:

If you've found yourself feeling much thirstier lately, it's likely because your body is producing more urine. In order to keep hydrated, you need to replace the liquids you've lost. As a result, your body tells you to drink more water.

Increased Hunger:

When you have diabetes, your body isn't able to convert food into energy very efficiently. Because it's not getting the energy it needs to function properly, it asks you for more food. As a result, you feel much hungrier than normal, even right after you've had something to eat.

Fatigue:

Diabetes can tire you out in a few different ways. Because you're producing so much urine, you're likely to be getting up several times during the night to empty your bladder. Without quality sleep, you'll start to feel run down during the day. A high level of sugar in the blood means your cells are being deprived from getting all of the nutrients they need to function, leaving you feeling even more tired.

Weight Loss:

When your body isn't converting sugar into energy, it has to look elsewhere to get what it needs. In many cases this means you'll start burning fat and muscle, leading to rapid weight loss. Having your weight fluctuate up and down a few pounds is normal but if you have any excessive, unexplained weight loss, get in contact with your doctor.

Skin Changes:

Type 2 diabetes can lead to acanthosis nigricans, a condition in which the skin becomes darker, thicker, and takes on a velvety appearance. These changes are most likely to happen in body folds and creases, such as in your neck, groin, and armpit. Acanthosis nigricans is most likely to impact people who are overweight or obese.

Danger Section: Type 2 Diabetes Complications

If your blood sugar is not well controlled, there is a chance that complications can occur. Some of these complications lead to problems that need immediate medical care, while others take a toll on your health more slowly. However, all complications of diabetes are issues that can have a serious impact on your health and lifestyle.

Complications that Need Immediate Care**High Blood Sugar:**

High blood sugar (also called hyperglycemia) is a condition in which there is a high of sugar in your blood. It can occur in response to poor diet, lack of exercise, non diabetes medications or inadequate use of diabetes medicine. The early signs of hyperglycemia are increased thirst and urination, blurred vision, headache, and fatigue. If high blood sugar is not controlled, it can lead to a life-threatening coma. See HHNS below.

Low Blood Sugar:

Low blood sugar (also called hypoglycemia) happens when your blood sugar is too low. It's most likely to happen if you are undergoing insulin therapy or take other diabetes medication. Missing meals or snacks or drinking alcohol can sometimes cause your blood sugar levels to dip too low. Increased physical exertion can also lead to low blood sugar. Symptoms of low blood sugar come on very quickly and must be treated quickly. The early signs that this is happening include hunger, irritability, anxiety, dizziness, shakiness, sweating, and headache. Hypoglycemia can also occur at night, leaving you with sweaty sheets, nightmares, and confusion when you wake up. If you allow your low blood sugar to continue unchecked, it can lead to seizures, unconsciousness, and even death. The treatment of low blood sugar should be carefully coordinated with your primary care physician. He or she may suggest eating or drinking carbohydrates such as glucose tablets, fruit juice, sugar, honey, or milk immediately.

HHNS:

HHNS is a much easier way to refer to hyperglycemic hyperosmolar nonketotic syndrome. HHNS is very rare but it can occur when you experience extremely high blood sugar levels, and is often triggered by an infection or illness. In response to these dangerously high levels of blood glucose, the body starts creating very large amounts of urine, putting you at risk of dehydration if you don't receive treatment. A blood sugar level of 600 milligrams per deciliter or higher is the clearest sign of HHNS and it can allow harmful acids to build up in your blood. This buildup can lead to breath that smells fruity, shortness of breath, nausea, dry mouth, confusion, abdominal pain, weakness and hallucinations. If you don't receive care, you could go into a coma or even die.

Long Term Complications of Type 2 Diabetes



Heart Disease:

People with diabetes are twice as likely as people without diabetes to have heart disease and stroke. People with diabetes and pre diabetes are also likely to have issues with their heart at a younger age. Over time, high levels of glucose increases the build-up of fatty materials and causes increased inflammation on the walls of your blood vessels.



Kidney Damage:

Diabetes causes damage to small blood vessels all over your body, including ones found in your kidneys. The damage keeps your kidneys from working the way they should, which can cause many complications. You might gain weight, have swollen ankles, and suffer from a build-up of waste materials in your blood. Later stages of kidney damage might force you to go on dialysis or put you in need of a kidney transplant.

**Nerve Damage:**

Between 60 and 70 percent of people with diabetes have some level of damage to their nerves. If you are one of these people, you might end up feeling numbness, tingling, or pain in your arms, feet, legs, or hands. The nerves that allow normal digestion and control bladder and bowel function can also be affected.

**Foot Damage:**

Diabetes damages the nerves in the feet more than any other part of the body. As a result, you could end up not having any feeling in your feet at all. This makes it difficult to notice injuries, like cuts, scrapes, and blisters. You can't take care of an injury you don't know about, which means you're at a higher risk of infection. The skin of the feet can become very dry and cracked. In extreme cases, the combination of nerve damage and poor circulation in the feet makes amputation a necessity.

**Vision Issues:**

The blood vessels in your eyes can be impacted by high blood sugar. The changes made to these vessels can cause eye pain and pressure, dark spots, sudden loss of vision and, potentially, blindness. If you have diabetes, you also have a higher risk of glaucoma (nerve damage in the eye due to excess pressure) and cataracts (a cloudy layer over your eye's lens).

**Dementia from All Causes:**

Research into the connection between diabetes and dementia, including Alzheimer's disease, has evidence that people with Type 2 diabetes have a higher chance of developing some type of dementia.

**Hearing Loss:**

The connection between type 2 diabetes and hearing loss is still unclear, but people with diabetes are twice as likely to experience trouble hearing as people who are not diabetic.

**Erectile Dysfunction**

This is a strong indicator of impending heart disease.

**Bladder and Vaginal Infections**

Type 2 diabetes that is uncontrolled and results in high blood glucose can negatively affect your body's ability to fight off infections of all kinds. As a result, women with uncontrolled blood sugar have a higher risk of bladder infections and vaginal yeast infections.

With complications like these, it's understandable why diabetes is the seventh leading cause of death in the United States. While knowing that you are at risk for all of these problems can be scary, there is good news: by managing your diabetes carefully, you can significantly lower your risk of all of these complications.

What you can do

There's a lot you can do to keep your blood sugar levels normal. Making aggressive changes in your lifestyle and keeping a close eye on your blood sugar levels can make a big difference. Your doctor, diabetes educator and nutritionist will spend some time talking with you about the changes you should make. It's likely the following areas will come up:

DIET:

The foods you eat can have a noticeable impact on your blood sugar levels. Making healthy choices can help keep your glucose levels steady, as well as help you lose weight. Manage your diabetes by focusing your diet around these types of food:



Beans and Legumes:

Tasty and easy to prepare, beans and legumes are a great source of protein. They're also filled with soluble fiber (which helps slow down glucose absorption) and complex carbohydrates, perfect for keeping full when you're trying to lose weight.

Fruits:

If you have a sweet tooth, reach for fruits instead of soda, cookies, or candy. Fruits like peaches, pears, apples, and berries are filled with nutrients and antioxidants. They're a great way to enjoy something sweet without sacrificing your blood sugar levels.



**Vegetables:**

Non-starchy vegetables are a cornerstone of a diabetes-friendly diet. Enjoy broccoli, spinach, peppers, kale, and dozens of other veggies for plenty of nutrients, fiber, and carbohydrates. Steam, roast, or grill your favorites for an easy side dish.

Lean Protein:

Your body's cells need plenty of lean protein for growth and maintenance. Consuming protein can also help you keep your blood sugar levels steady. Good protein choices include chicken breasts, egg whites, tofu, and fish.

**Whole Grains:**

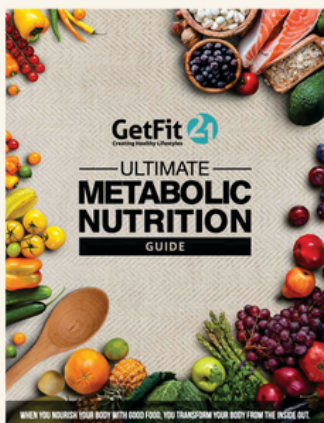
Whole grains are a filling way to include plenty of fiber in your diet. Read labels to find products that have high levels of whole grain, or make your own dishes out of steel cut oats, brown rice, millet, or quinoa.

Dairy:

These foods provide you with protein, carbohydrates, and other nutrients. Milk, cheese, plain Greek yogurt, and cottage cheese are all great choices, but be savvy when shopping. Read labels carefully and avoid products with added sugar.

**Nuts and Seeds:**

Your body needs fat to survive, and there are few better sources of healthy fats than nuts and seeds. Snack on almonds, cashews, pumpkin seeds, or chia seeds for a healthy treat, but be careful of serving sizes. These foods are high in calories, so don't over-indulge if you're trying to lose weight.



We encourage you to download our Ultimate Metabolic Nutrition Guide. It is the most comprehensive guide available. This guide includes a comprehensive list of hundreds of foods to eat and avoid.

ACTIVITY LEVELS:

The amount of physical activity you engage in on a regular basis has a huge impact on how your body manages blood sugar. Taking part in a regular exercise program not only helps improve your cardiovascular fitness and increases your aerobic capacity, but it can help you lose weight, which may reduce your risk of diabetes. Starting an exercise program can be intimidating, especially if you aren't used to physical activity. Before you start, talk with your doctor to get advice on what types of activity might be best for you. Start out small: there's no need to train for a marathon!

Instead, find a type of activity you like to do, and add something to make it fun. Go on a walk with a friend every evening, take some good music with you, or save your favorite TV show to watch while you're on the treadmill. The more you move, the better you'll feel, and the more motivated you'll be to get out there again.

WEIGHT MANAGEMENT:

Being overweight can increase your risk of diabetes complications and can make it more difficult to keep your symptoms under control. Even losing as little as five to seven percent of your body weight can make a huge difference in your health. Eating a healthy diet and exercising regularly goes a long way when managing your weight. See a nutritionist that specializes in diabetes to build a plan that will both help you lose weight and give you better control over your blood sugar.

Diabetes Management: How Your Doctor Can Help

If lifestyle change aren't enough to keep your diabetes under control, your doctor may be able to provide some additional treatments. Talk the following options over with your doctor to see if they can provide any benefits.

1

Take any Medicine Your Doctor Prescribes

If your risk of diabetes is high, your doctor might recommend metformin (also known as Glucophage). It helps to prevent your liver from making glucose when you don't need it, helping to keep your levels healthy. Your doctor may also recommend supplements to help make sure you're getting the nutrition you need. Follow any instructions your doctor gives you to the letter to stay healthy.

2

Assemble Your Team

It's never a good idea to go it alone. Get in contact with a dietitian, a personal trainer or your Get Fit 21 coach who can offer support. With the right team behind you, you'll have a better chance of success.

3

Use Unicity Balance

The best natural product available for supporting healthy Glucose levels is a patented and clinically proven product called Unicity Balance. This fiber-based formula when consumed prior to a meal lowers the body's glycemic response to the foods you eat. This creates a more mild release of glucose into the blood stream.

4

Medication

There are a variety of medications available that will help your body better manage diabetes. Some medications make your body more sensitive to insulin. Some help your body produce more insulin. Your doctor will consider your glucose levels as well as any other medications you're taking to find the best solution for you.

5

Insulin Therapy

You may be able to better control your blood sugar levels through insulin therapy. This type of treatment involves administering insulin with a syringe or an insulin pump device. Your doctor will work with you to determine the best type of insulin for your situation, as well as how often you need to administer it.

6

Monitor Your Blood Sugar

If your doctor instructs you to monitor your blood sugar, follow his or her instructions closely. Keeping track of your glucose levels can help to make sure they stay within your target range. Talk to your doctor and diabetes team to learn more about what can influence your glucose levels and what to do if you observe levels that are abnormally low or high.

No Matter your Diagnosis, there is Hope

With aggressive lifestyle Changes and with help from your doctor, you can make sure your blood sugar levels stay under control. Take care of yourself and take advantage of the help your doctor, GetFit21 Coach and diabetes team can offer, and there's no reason why you won't live a long healthy life.

Resources and References:

American Diabetes Association (ADA): www.diabetes.org

Center for Disease Control (CDC): www.gov/diabetes

National Institute for Diabetes and Digestive and Kidney Disease (NIDDKD): www.niddk.nih.gov