Living With Diabetes

VOLUME I, ISSUE 13

NOVEMBER 2016

Understanding Diabetes



Finding out you have diabetes can be very scary, especially if you have not felt sick. However, it is very important to take this condition seriously. There are many steps you can take to manage your diabetes and live a fairly normal life.

It is also important to understand what diabetes is and the steps

you need to take to manage it.

After eating a meal, your food is broken down into a type of sugar called glucose. Glucose is what your body needs to give you the energy to do things, but in order for this glucose to be used, your body needs insulin. In diabetes, your body is either unable to make enough or does not make

any insulin. For this reason, the glucose stays in your body and can cause many problems. By using certain medications, managing your diet, and exercising, you can help your body get rid of the excess glucose in your body. You also need to make sure you have a team of doctors

and other healthcare professionals who can take good care of you. This team may include your doctor, a nurse, a dietician, a pharmacist, a diabetes educator, an eye doctor, and/or a foot doctor.

Healthy Eating

Although a diet should be individualized for each person, there are a few tips you can use to start eating healthy. You should remember to have a variety of foods, which includes vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meats/meat substitutes. You also should try not to eat too much, and space your meals evenly. It is also important to stay consistent with the amount of meals you eat per day, and do not skip meals.

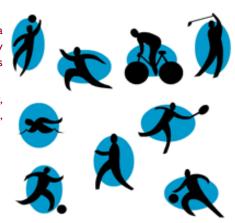
According to the American Diabetes Association, there is also a "plate method" that can be used. It helps to guide you on the amount of protein/fruit/ vegetables that should be on your plate. Your plate should have 25% of grains/starchy foods, 25% of protein, and 50% of non-starchy vegetables. See www.diabetes.org/food-and-fitness/food/planning-meals/ create-your-plate/ for more information.



Getting Active

The average person should aim to be active for 30 minutes a day, at least 5 days a week. In order to lose weight, you may need to exercise more. It is important to discuss any increases in activity with your physician first.

Some examples of exercise include taking a brisk walk, dancing, bike riding, walking up the stairs (instead of taking an elevator), yoga, weight lifting/resistance bands, or swimming.





Consider getting a medical alert bracelet, necklace, or other item to alert people that you have diabetes in the case of an emergency.

Starting New Medications

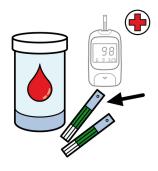
Before starting any new medication, it is important to ask your doctor, or pharmacist to explain how the medication would help your diabetes, the side effects, and any other important information. Your diabetes will be managed best when you use your medications properly, eat healthy, and exercise, all together.



Checking Blood Glucose

For some people with diabetes, they are required to test their blood glucose levels. Your physician will inform you of this when you go for your check-up. In most cases, the fasting (empty stomach) goal is between 80-130 and the post-prandial (2 hours after a meal) goal is <180. It is important to ask your doctor your goals because it may vary from person to person.

There are many different meters in the market to test blood sugar and your physician will choose the best one for you. Make sure to ask your doctor, pharmacist, or diabetes educator how to use the machine so that you are able to use it accurately. Additionally, keep a log of your glucose levels so and bring them into the physician's office so that he/she may adjust your medications as needed.



Getting Support

Although being diagnosed with diabetes may be a shock for you, it is important to remember that you have many different sources of information available to you. Talk to your doctor or pharmacist about any issues you have and find good resources to read at www.diabetes.org. Remember that you are not alone and you can walk-in any time to Kings Pharmacy on Flatbush Avenue in Brooklyn, NY for further education.