

Diabetes Informational Session

~ Medical Information ~

1. Types of Diabetes:

- **Insulin:** Produced by pancreas to control blood sugar levels
- **Type 1 Diabetes:** Body does not produce enough insulin, mostly seen in children/teens (autoimmune)
- **Pre-Diabetes:** Based on lab values of Hgb A1c & glucose levels being higher than normal, doesn't mean you will develop full blown type 2 diabetes but is an indication for change
- **Type 2 Diabetes:** Body produces enough insulin but is resistant & doesn't use it properly; acquired mostly in adulthood
 - Risk Factors: Overweight/Obesity, High Blood Pressure, High Cholesterol, Poor Diet & Exercise, Smoking, Alcohol, Age, Ethnicity, Genetics
 - Mild Symptoms: Frequent urination & night time urination, Excess thirst, Dry mouth, Fatigue
 - Severe Symptoms: Nausea, Vomiting, Abdominal pain, Difficulty breathing, Heart Racing, Altered mental status

2. Focusing On Type 2 DM & Complications:

- Impacts on the body/organs:
 - **Eyes:** Glaucoma, Cataracts, Swelling, Blurred Vision, Blindness
 - **Heart:** High blood pressure, Stroke
 - **Kidneys:** Increased albumin/protein in urine > Failure requiring dialysis
 - **Nerves:** Neuropathy (tingling, numbness, loss of sensation/feeling)
 - **Skin:** Non-healing wounds (ulcers, sores), infections (especially nails), boils, itching, darkening
 - **Immune System:** More prone to being sick & immunocompromised
 - **Extremities:** Weakness, Loss of fingers/toes/hands/feet due to gangrene & infections
- Impacts on the mind:
 - Depression, Anxiety, Stress
- Impacts on you & those around you:
 - **Family/ Friends/Caretakers:** Stress & Burn Out
 - **Financials:** Cost of medications, hospital visits due to lack of management
 - **Daily Living:** Limitations depending on disease progression
- How to avoid these complications & live a better life with diabetes:
 - Regular follow up visits with your physician – Early diagnosis is key for early management
 - Taking the correct medications & using available resources for costs
 - **Self- help:** checking your glucose levels daily (glucometers), diet, & physical activity, maintaining mental health (prayer, meditation, stress relief), talk about it & take advantage of your support systems

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~ Physical Activity ~

3. Physical Activity for Patients with Diabetes & to Prevent Diabetes:

- Why? – Exercise increases insulin sensitivity & stimulates muscles to absorb/use sugar for energy
- 2.5 hours of moderate to vigorous activity per week without more than 2 days of inactivity in a row (brisk walking, water aerobics, light jogging, swimming); ex: 30 minutes x 5 days (Mon-Fri) and take Sat/Sun off
- 2-3 sessions of resistance exercise per week (strengthens muscles – lifting 5+ pound weights, doing pushups/squats)
- Breaking up sitting time (no more than 30 minutes) & Stretching daily
- Tips: Keep an exercise log, Stay hydrated, Warm up/Cool Down, Proper Attire, Start Slow, Use Apps

~ Diet ~

4. Diet Tips for Patients with Diabetes:

- Myths:
 - Avoid sugar at all costs: You don't have to avoid your favorite treats but should limit the amounts & avoid hidden sugars
 - You have to cut down a lot on carbs: Actually, the type of carbs and the amount are what is important (focus on whole grains instead of starch because they are higher in fiber), choose healthy fats, limit red meat/avoid processed meat, choose nuts, beans, poultry, & fish
 - You'll need a special diabetic meal: Healthy eating is key!
 - High protein diet is the best: Studies have shown that eating too much protein can cause insulin resistance which can worsen diabetes
- Plate Method: You want a colorful plate! (Refer to healthy plate link & food pdf)
 - ½ non-starchy veggies/fruits
 - ¼ lean protein
 - ¼ grains/starchy foods
 - Once in a while desert can be added but not every
- Calorie Units: Calories for an individual are normally 1600-2000/day however it can vary based on factors like age, gender, activity, current weight, etc.
- Recommended Foods (Refer to pdf)
- Benefits:
 - Helps control blood sugar levels
 - Can help those who are pre-diabetic
 - Can help reduce heart disease

5. Diet Tips to Prevent Diabetes:

- Cut Sugar & Refined Carbs (Mentioned in Previous Section)
- What are you drinking:

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- Limit sugary drinks: Water should be your main choice
- Find ways to make it more enjoyable: add fruits (lemon, lime, oranges, strawberries)
- Portion control & Calorie monitoring
 - Keeping a food journal is a good help for this

~ Overall Prevention Tips~

6. General Health:

- Exercise & Physical Activity (Move to Feel Better)
- Diet – Well Balanced (Eat to Win Everyday)
- Health screenings via regular physicals or check-ups (labs/bloodwork: Hgb-A1c), Other diabetic screening sites (Walmart, CVS)
- Avoid Smoking & Weight Loss (for those overweight/obese)
- Just because you are thin, average weight, or even a great athlete doesn't mean you are excluded from getting diabetes
- Faith without works is dead! – With faith we have to put in action, yes we can trust God to heal us and yes we can trust him to keep us healthy but we have to also put in the work with our diet, physical activity, and using our resources

~ Resources ~

- **60 Second Risk Assessment:** <https://www.diabetes.org/risk-test>
- **American Diabetes Association:** Meals & Recipes, Fitness, Community Events, & More Diabetes Information <https://www.diabetes.org/>
- **Food List PDF:** [http://main.diabetes.org/dorg/PDFs/awareness-programs/hhm/what can i eat-best foods-American Diabetes Association.pdf](http://main.diabetes.org/dorg/PDFs/awareness-programs/hhm/what%20can%20i%20eat-best%20foods-American%20Diabetes%20Association.pdf)
- **Healthy Plate Link:** <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
- **Florida Diabetes & Endocrine Center:** Endocrinology Team of Advent Health
 - Community Resources for Education: Contact 407-543-4640 or 407-890-7959
 - Cooking Classes: <https://www.adventhealthdiabetesinstitute.com/programs/weight-management-healthy-living/simply-healthy-cooking>
 - Weight & Diet Management Programs: <https://www.adventhealthdiabetesinstitute.com/programs/weight-management-healthy-living/new-day-new-weigh>

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- **True Health Clinic in Sanford:** Charity & PCP/Diabetes Resources that works with people who lack insurance, or are on a low income to get them the basics.
 - Contact 407-322-8645
 - <https://mytruehealth.org/about/>
- **CDC Link for Finding Programs:** https://nccd.cdc.gov/DDT_DPRP/Programs.aspx
- **Florida Department of Health in Seminole County**
400 West Airport Blvd.
Sanford, FL 32773
(407) 665-3011
- **Seminole County Department of Health**
400 W. Airport Blvd.
Sanford, FL 32773
(407) 204-2320