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Understanding Diabetes



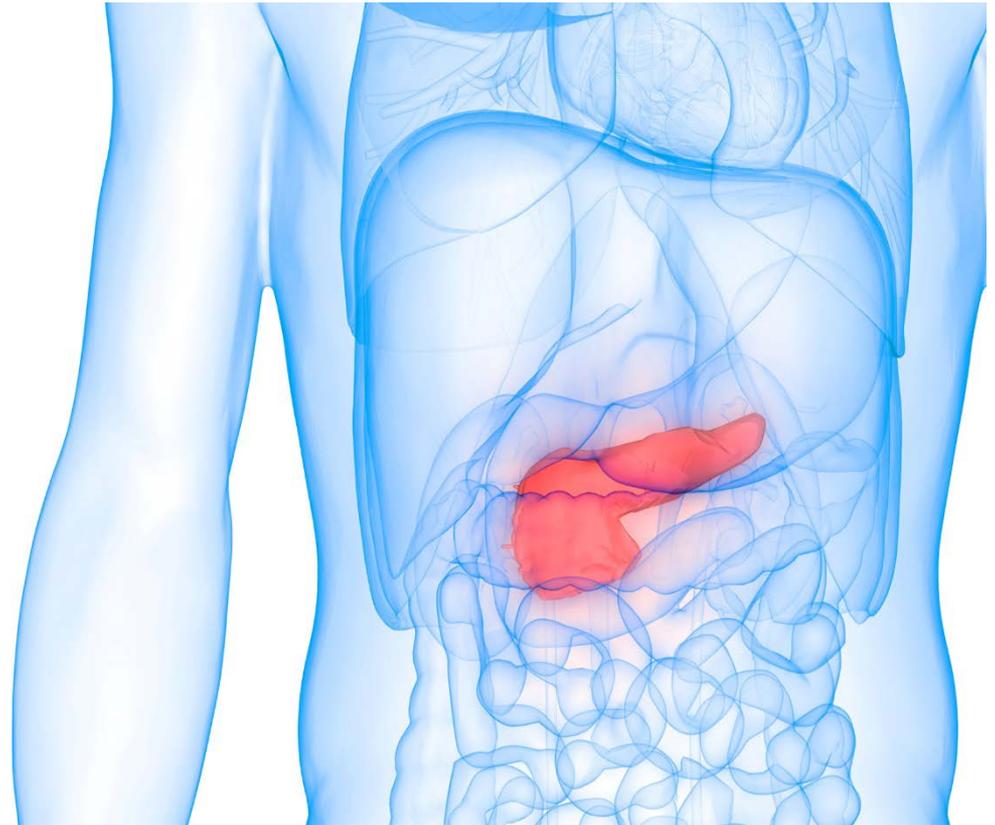


What Is Diabetes?

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- Body lacks insulin or is unable to use insulin effectively
- Pancreas cannot produce enough insulin
- Muscle and fat cells cannot use insulin effectively





Diabetes Terminology

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- **Insulin** is a hormone needed to allow glucose to enter cells
- **Glucose** is a sugar that comes from the foods we eat
- **Blood glucose** level is the amount of glucose in the blood
- **Hemoglobin** is a protein in red blood cells that carries oxygen
- **Type 1 diabetes** is a chronic condition in which the pancreas produces little or no insulin
- **Type 2 diabetes** is the most common form of diabetes
- **A1C test** measures what percentage of your hemoglobin that is coated with sugar

Risk Factors for Developing Type 2 Diabetes

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- Overweight, especially around the waist*
- Family history
- Stress*
- Inactivity and lack of exercise*
- Race
- Age over 40
- History of gestational diabetes
- High blood pressure and high blood fats*





Symptoms of Diabetes

- Frequent urination
- Increased thirst
- Increased hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Dry skin
- Slow wound healing
- Tingling and numbness of hands, feet or legs
- Sexual dysfunction
- Poor healing and infections

Serious Complications

- Diabetic neuropathy
- Cardiovascular disease
- Diabetic retinopathy
- Diabetic nephropathy
- Amputations

Types of Diabetes Diagnostic Testing

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- Fasting plasma glucose test
- Random plasma glucose (RPG) test
- Hemoglobin a1c test





Fasting Plasma Glucose Test

Test to measures fasting blood sugar level.

Diagnosis	Fasting
Diabetes	> 126 mg/dl
Pre-diabetes	>100 to 125 mg/dl
No diabetes	70 to 100 mg/dl



Random Plasma Glucose Test

Blood test when severe diabetes symptoms are present.

Diagnosis	Random
Diabetes	> 200 mg/dl
Pre-diabetes	>140 to 199 mg/dl
No diabetes	< 140 mg/dl



Hemoglobin A1c

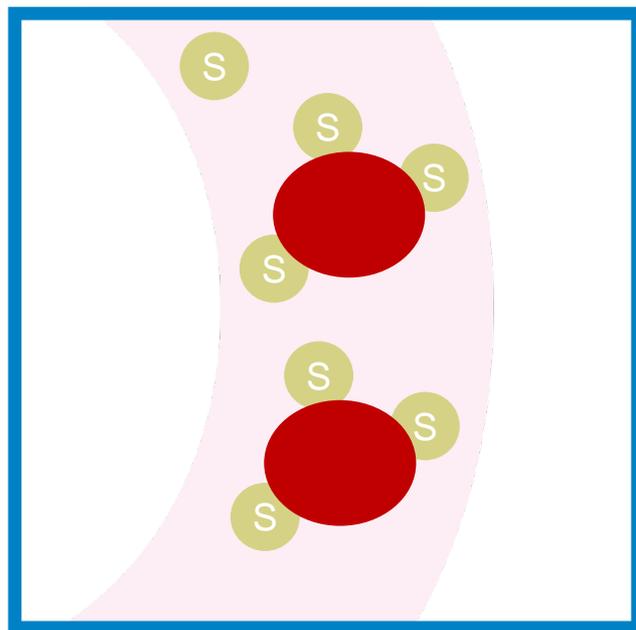
Hemoglobin A1c test reflects your blood sugar over the past two or three months.

HbA1c test score	MEAN BLOOD GLUCOSE	
	mg/dL	mmol/L
14.0	380	21.1
13.0	350	19.3
12.0	315	17.4
11.0	280	15.6
10.0	250	13.7
9.0	215	11.9
8.0	180	10.0
7.0	150	8.2
6.0	115	6.3
5.0	80	4.7
4.0	50	2.6

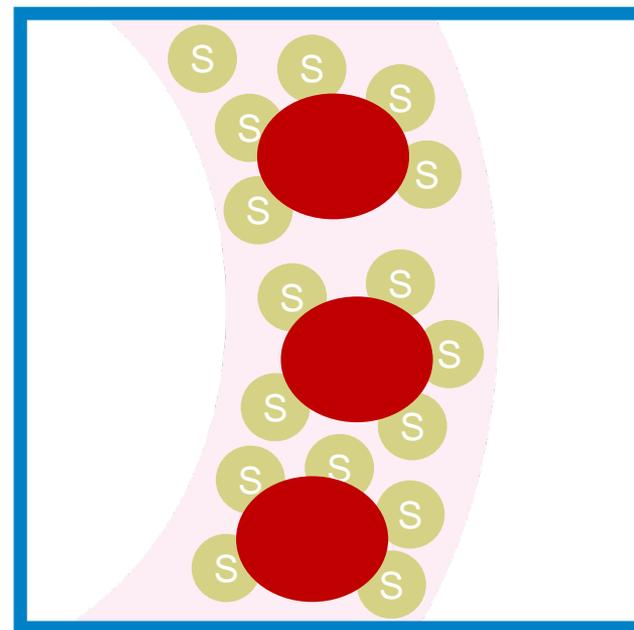


Hemoglobin A1c

- a look at how much sugar is “stuck” to red blood cells



Normal



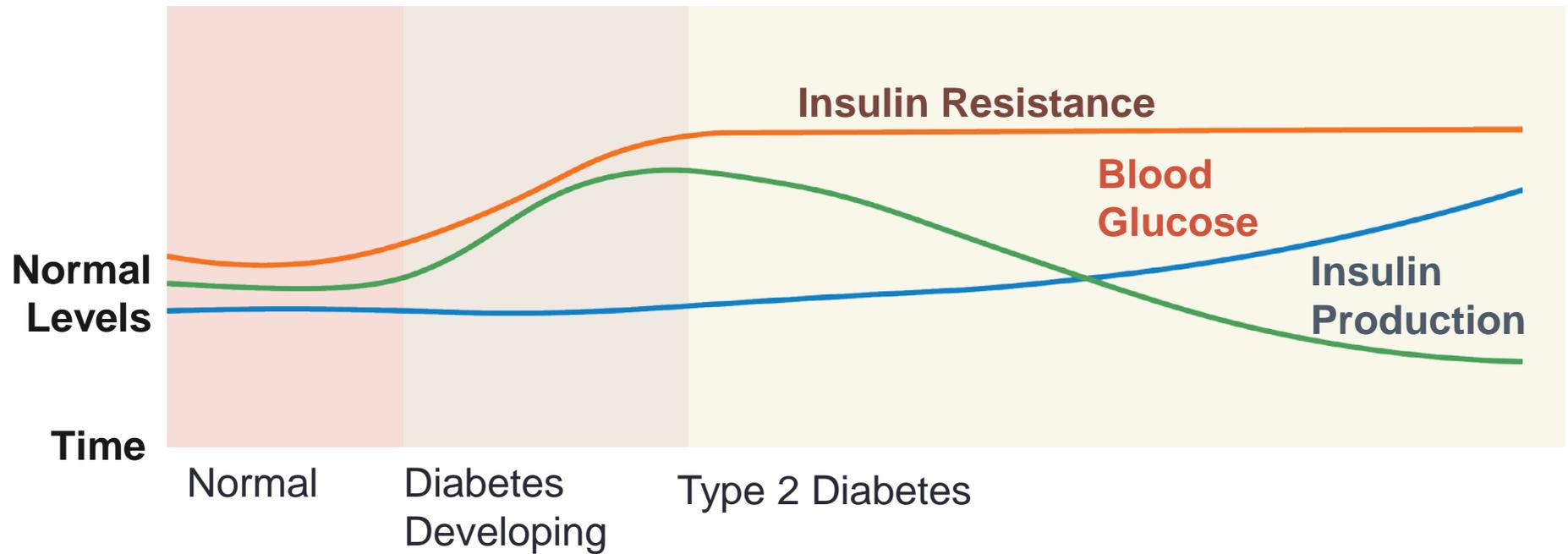
High



The Natural Changes of Diabetes

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Checking Your Blood Sugar

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Target Blood Sugar

Warren Clinic

70-120 before meals

Less than 160 two hours after a meal

American Diabetes Association (ADA)

80-130 before meals

Less than 180 two hours after a meal

American Council on Exercise (ACE)

70-110 before meals

Less than 140 two hours after a meal

Solving the Blood Sugar Puzzle

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Effect of Nutrients on Blood Sugar

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Carbohydrate



ALL break down to sugar

Protein



SOME break down to sugar, but don't raise blood sugar

Fat



A **LITTLE** break down to sugar

Food Groups That Contain Carbohydrates



**Grains, beans and starchy vegetables
(potato, corn)**



Fruit and fruit juice



Milk and yogurt



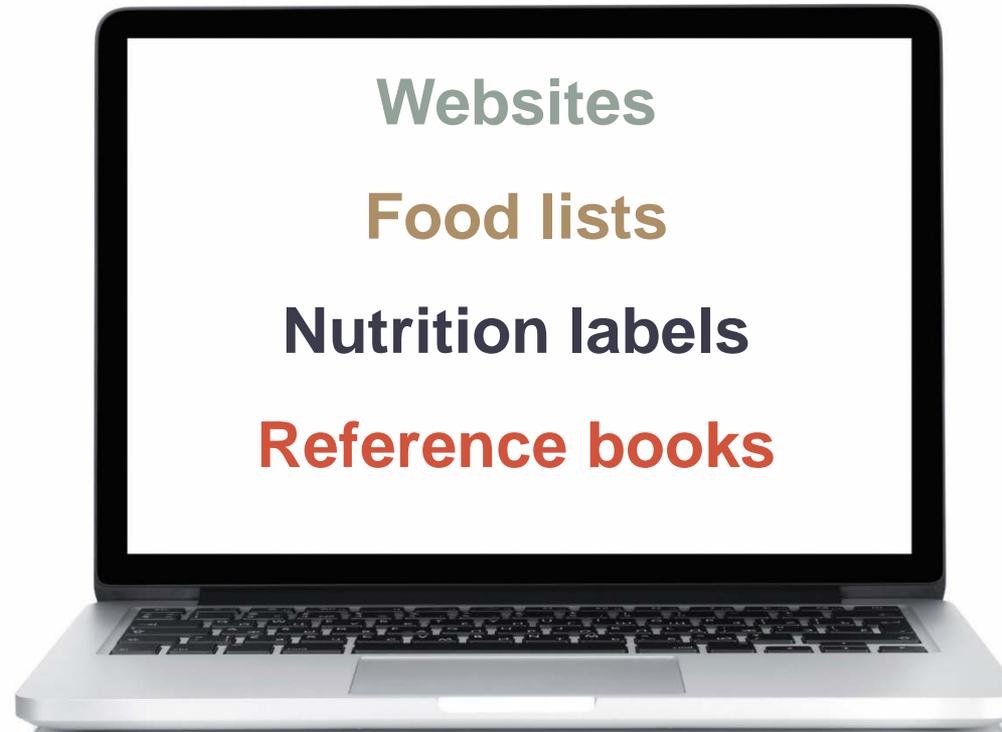
Sweets and snacks



**Non-starchy vegetables
(very small amount of carbs)**

Sources of Carbohydrate Information

- Centers for Disease Control, (CDC.gov)
- American Diabetic Association (Diabetes.org)
- Mayo Clinic (Mayoclinic.org).



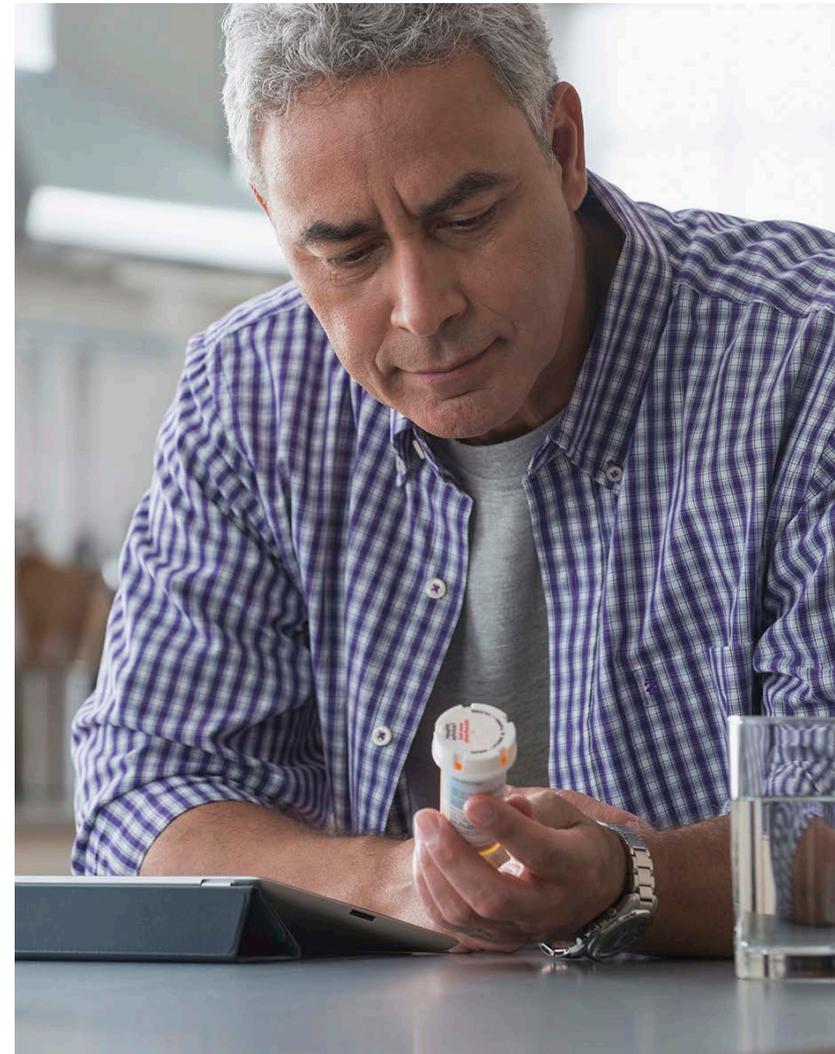


Medications

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- Take medicine as prescribed
- Keep track of blood sugar
- Expect gradual increased need for medicine
- 1 to 4 medications, plus insulin, is not unusual





Benefits of Exercise

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- Creates feeling of well being
- Manages stress
- Lowers cholesterol, blood pressure
- Decreases insulin resistance
- Lowers blood sugar
- Helps with weight loss
- Prevents heart disease

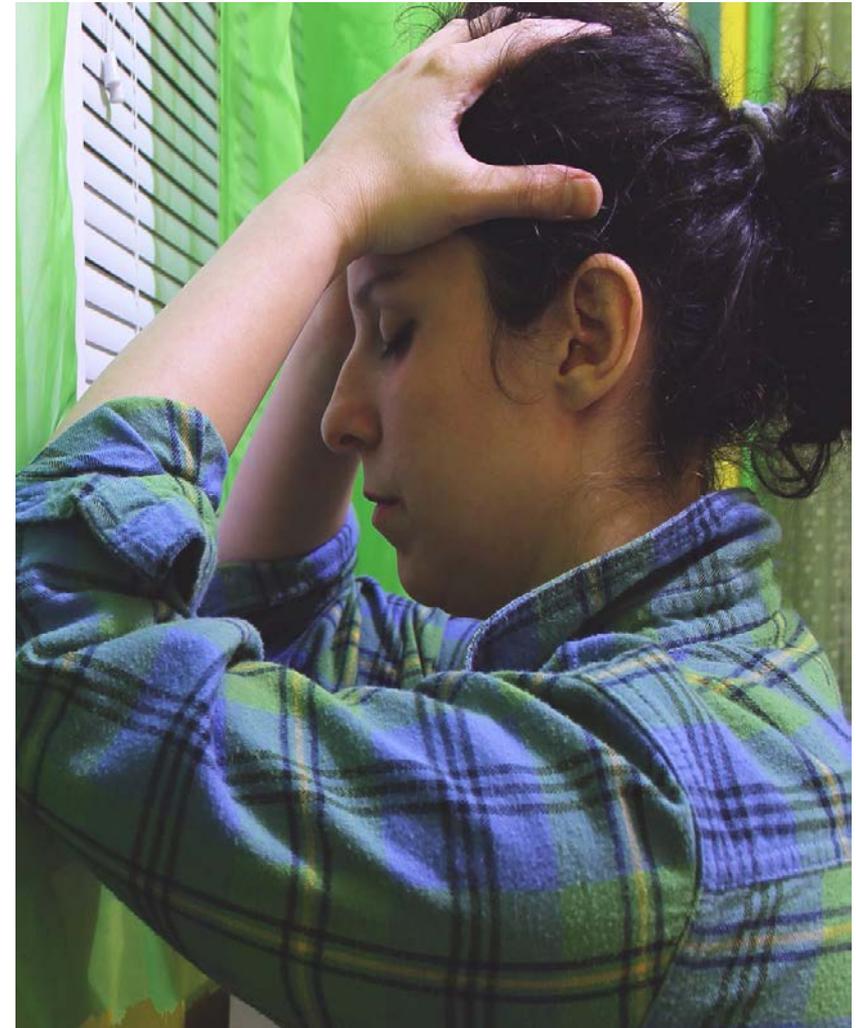




Stress and Blood Sugar

- Stress triggers the fight or flight response
- The body releases hormones that increase blood sugar

Can you guess which hormone lowers blood sugar levels?





Blue Cross Blue Shield Resources

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Well on Target:

- Self-Management Programs
- Coaching
- Trackers

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/well-ontarget>

Weight Management:

- Real Appeal
- Naturally Slim

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/weight-management-programs>

Care Management Program:

(800) 252-8039 between 8 a.m. and 6:30 p.m. CT and ask to speak with a clinician.

Choose Well, Be Well

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- It's your choice and your health
- Small daily choices matter
- You can do this – you have been through more difficult trials

Thank you





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Questions and Discussion

