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DIABETES

- Checking blood sugar levels**
- Lifestyle changes**
- Medications**
- Hypoglycemia**
- Returning to everyday life**
- Supporting your loved one**

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Two Main Types of Diabetes

Living with Type 1 Diabetes

- **They make little to no insulin and will always have to supplement their insulin.**
- **They are *insulin dependent*.**

Living with Type 2 Diabetes

- **They may still make some insulin, but not enough in response to the amount of sugar in their blood.**
- **In some cases, it's possible that their body no longer efficiently uses the insulin that they make.**



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Three-Legged Stool Approach



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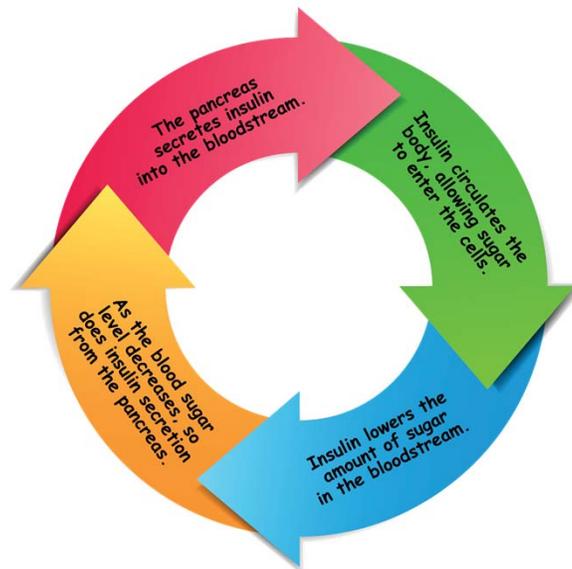
What is Diabetes?

Diabetes is a chronic medical condition that alters the way in which your body utilizes glucose, its main source of energy.



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Type 2: A Balancing Act



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What Causes Type 2 Diabetes?

Family History

Lifestyle

- Inactivity
- Obesity
- Abdominal obesity
- Unhealthy eating habits



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What Should I Eat?

Healthy Eating Suggestions

- Lean proteins (chicken, turkey breast, lean grass-fed ground beef)
- Lots of vegetables
- Minimal starches and carbohydrates
- Fruits
- Whole grains
- Healthy fats

Eat as many colors in a day as you can!



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What does 'Eating Healthy' Mean?

Can I eat out?

- Look at menus online.
- Make smart, healthy choices.

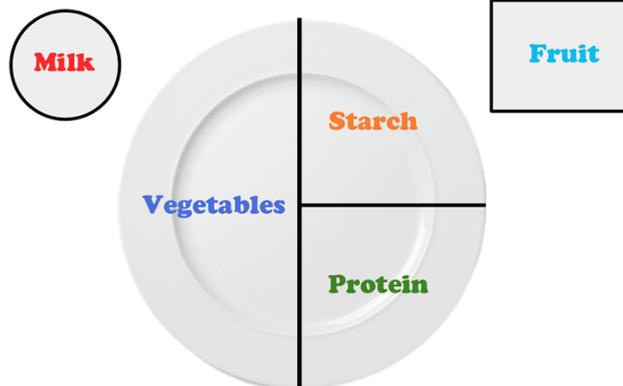
Don't overeat, and don't eat too much of one type of food.

Don't skip meals.



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The Plate Method



It's good for everyone in the family!

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Get Active

Physical Activity

- Aim for 30 minutes of moderate exercise most days of the week. This can include walking, jogging, tennis, basketball, swimming, etc.



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Exercise Together

Get the family moving!

- Walk around the neighborhood
- Go on hikes at local parks
- Play tennis, baseball or other sport together



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Diabetes and Stress

Stress increases blood glucose levels.

Stress impairs decision making.

Stress impacts eating habits and emotions.



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Diabetes and Stress

Managing stress is essential for managing diabetes.

Managing stress is essential for ALL family members.



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Diabetes and Your Family

Start a conversation.

Support your loved one.

- Get active together.
- Plan and prepare meals together.
- Attend appointments and diabetes classes together.



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What are my Blood Sugar Goals?

Fasting Blood Glucose
70-130 mg/dL

Postprandial Glucose
(1 to 2 hours after the start of a meal)
< 180 mg/dL



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Checking Blood Sugar Levels

A1C (Glycated hemoglobin)

- A1C is a blood test that tells your average blood glucose level for the past two to three months.
- It's a more accurate measurement of your overall diabetes management.
- Your goal should be less than 6.5 to 7%



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Medications

Injectable Insulin

- Humalog, Novolog
- Humulin, Novolin
- Lantus, Levemir



Pills

- Metformin, glipizide, glyburide

Other Injections

- Exenatide (Byetta, Bydureon)
- Liraglutide (Victoza)

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Keeping it all Straight

Talk to your pharmacist or doctor about your medications.

Ask questions!

- Why am I taking this?
- How does this work to help my diabetes?
- Is there a generic or more cost effective option available?
- What side effects should I look out for?
- How can I remember when to take all of my medications?

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What is Hypoglycemia?

Hypoglycemia is having a blood sugar level that is less than 70 mg/dL.

Know the signs.

- Shakiness, dizziness
- Sweating, clamminess, and/or chills
- Confusion
- Rapid heartbeat
- Blurred vision
- Slurred speech
- Sleepiness
- Lack of coordination



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Hypoglycemia Treatment

1. Consume 15-20 grams of glucose or simple carbohydrates.
2. Recheck your blood sugar after 15 minutes.
3. If hypoglycemia continues, repeat this process.
4. Once your blood sugar returns to normal, eat a small snack if your next meal is more than an hour or two away.

Know what fast-acting sugars to use.

- Glucose tablets/gel/liquid
- Orange juice, cola
- Sugar or honey
- Hard candies or jelly beans

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Hypoglycemia Treatment

Be prepared.

- Keep fast-acting sugars handy.

Be familiar with a glucagon pen.

- Inject glucagon into the muscle.
- It can take 5-15 minutes for your loved one to regain consciousness.
- Nausea and vomiting may occur.



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Putting it All Together

Support in any way that you can!

- Attend appointments.
- Exercise together.
- Go grocery shopping together.
- Cook as a family.
- Help understand medications.
- Set a medication schedule.
- Talk about how they're feeling.

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Sweet Suggestion

Something new **EVERY** month
to keep you **ON TRACK**



Turkey Burgers with Pesto & Red Pepper Mayo

INGREDIENTS

¼ cup light mayonnaise
1 Tbsp. prepared pesto
1 Tbsp. finely chopped roasted red pepper
4 turkey burgers
4 whole grain rolls or hamburger buns
Tomato slices
Lettuce leaves
Onion slices (optional)

DIRECTIONS

Combine light mayonnaise, pesto and peppers in small bowl; set aside.

Grill or broil turkey burgers 8 minutes or until thoroughly cooked, turning once.

To serve, evenly spread mayonnaise mixture on rolls, then top with burgers, tomato, lettuce and onion.

NUTRITIONAL FACTS

1 serving (1/4 recipe) equals 320 calories, 12 g fat (2 g saturated fat), 70 mg cholesterol, 420 mg sodium, 0 mg potassium, 25 g total carbohydrate, 4 g dietary fiber, 2 g sugars, 28 g protein.



Spark Meal Mixer
powered by **Yummly**

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Jump into the Question Pot™



Let's take a look at your questions!