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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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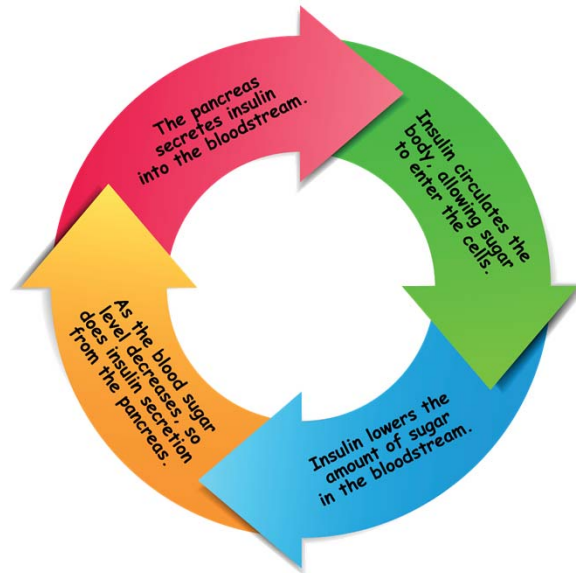
## What is Diabetes?

**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.

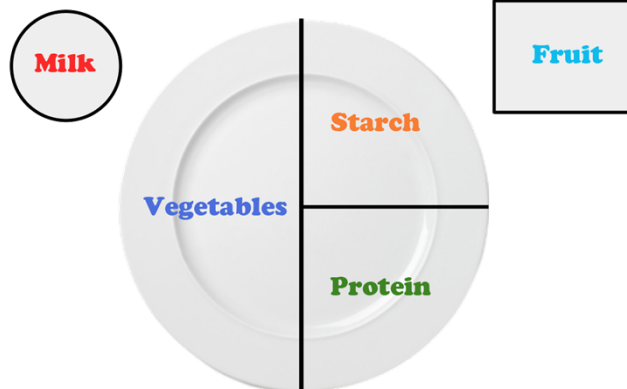
**Don't overeat, and don't eat too much of one type of food.**

**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!