

New to Type II

ABCDES of Diabetes

Diabetes Education Program

Two Rivers Family Health Team



TWO RIVERS
Family Health Team

Shaping the Health of Our Community Together

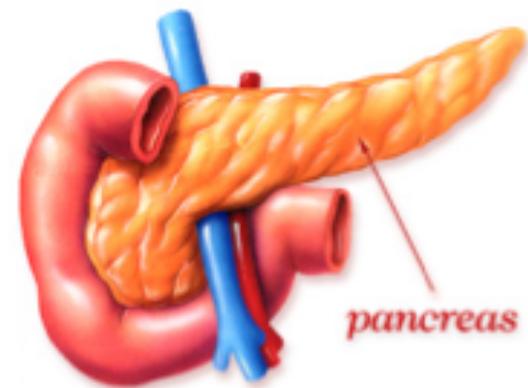
Type 2 Diabetes

- ❑ Type 2 diabetes is the most common type of diabetes (90%)
- ❑ Body is not responding to insulin properly and/or less insulin is made than usual
- ❑ Insulin cannot do its job of helping the body use the sugar and blood sugar levels remain high
- ❑ Liver contributes to the problem by creating sugar
- ❑ There is no cure
- ❑ It is progressive... it will change over time

With lifestyle changes (food, activity) and treatment with medications, people with diabetes can lead a normal and active life!

Insulin

- Insulin is a hormone made by the pancreas
- Insulin is like a key that opens the door and lets sugar from the blood enter the cells – this in turn lowers blood sugar levels
- If there is no insulin being made, or if the insulin is not working properly, blood sugar levels will become high



ABCDEs of Diabetes Care



A - A1C less than 7%

B – Blood Pressure less than 130/80

C – LDL \leq 2.0 or non-HDL Cholesterol $<$ 2.6mmol/L

D – Drugs to protect the heart and kidneys

E – Exercise and Eating

S – Smoking, Stress and Screening for complications

A1C

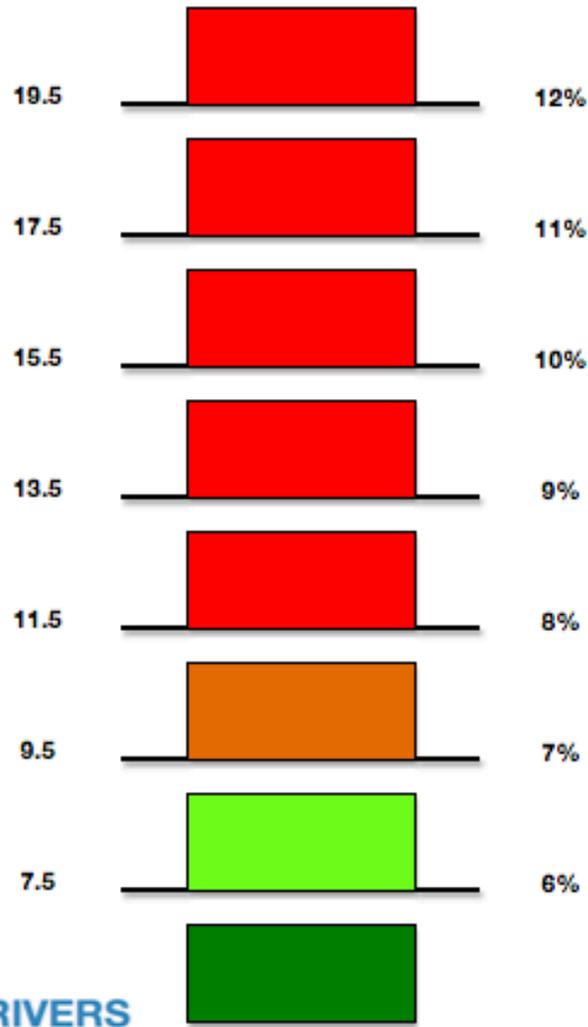


- ❑ Measures the percent (%) of sugar stuck to your red blood cells
- ❑ The higher the blood glucose, the higher the level of the A1C
- ❑ Complimentary to the blood glucose meter reading
- ❑ Reflects how well blood glucose has been controlled over the past three months
- ❑ Not impacted by fasting (or not)
- ❑ Provides an overall picture of blood sugar management and makes it possible to adjust treatment

A1C% Average Blood Glucose

Your average blood glucose level shows your blood glucose control over the past 3 to 4 months.

Average blood sugar level (mmol/L)	Conversion Chart	A1C %
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A1C



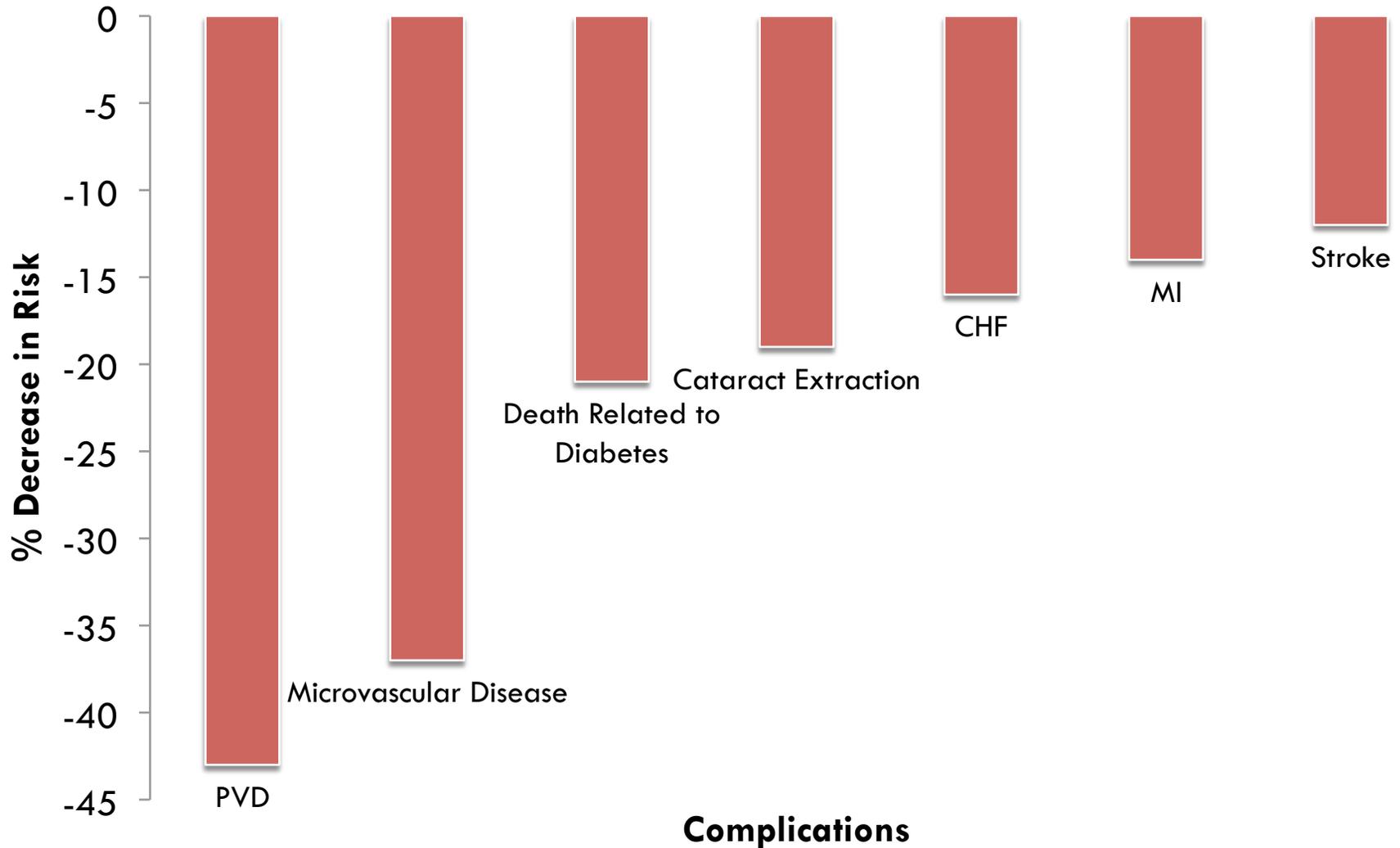
- A1C target is met for most people with diabetes when you achieve these blood sugar levels with self-testing:
 - ▣ Before Meals and Bed Time Snack 4 to 7 mmol/L
 - ▣ Two Hours After Meals 5 to 10 mmol/L

Why Do We Treat High Blood Sugar?



- High blood sugar over a long period of time:
 - ▣ Harm our blood vessels and may lead to heart attack and strokes
 - ▣ Harm the eyes and can hurt our vision
 - ▣ Harm the kidneys and may cause kidney failure
 - ▣ May cause nerve damage and nerve pain

For Every 1% Drop in A1C



Blood Pressure



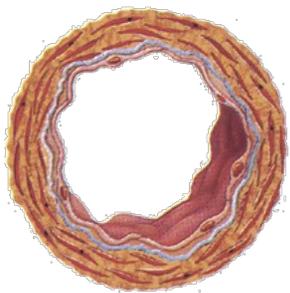
Blood Pressure

- The force that blood travels through your arteries
- High blood pressure can lead to heart disease, stroke, kidney disease etc.
- Recommended target is 130/80 or lower in-clinic or less than 125/75 if you're checking at home

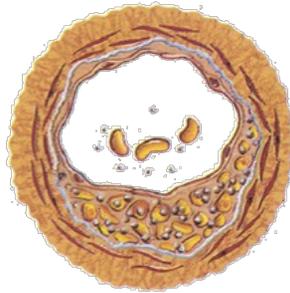
Cholesterol

Cholesterol

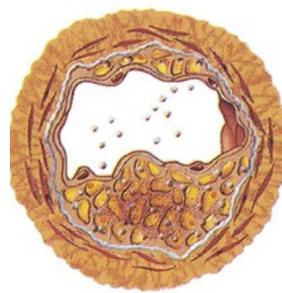
- Cholesterol is a fatty substance essential for health
- High blood cholesterol can block arteries



1. Normal blood vessel



2. Build up of fatty streaks



3. Blood vessel with plaque



4. Advanced atherosclerosis



5. Complete blockage of artery

Cholesterol



Which type of cholesterol is the “good” cholesterol?

A. LDL

B. HDL

LDL cholesterol = LOUSY or bad

HDL cholesterol = HEALTHY or good

Drugs



- Medications that help to achieve healthy blood sugar targets
- Medications that can help protect your heart, kidneys and eyes such as blood pressure medications and cholesterol medications

Exercise and Eating



- ❑ Eat regular balanced meals
- ❑ Aim to eat breakfast within one hour of waking
- ❑ Space meals 4-6 hours apart
- ❑ Include at least 3 food groups
- ❑ Include some protein and carbohydrate
- ❑ Don't forget the fruit and vegetables
- ❑ Not too many high fat foods

Exercise and Eating

The Balanced Plate



Exercise and Eating

- Have meals no more than 4-6 hours apart
- When we go longer than 6 hours between meals:
 - ▣ We tend to overeat at our next meal
 - ▣ Our liver has the opportunity to put sugar into our bloodstream



Exercise and Eating



- Have a balanced snack before bed and between meals if meals are more than 6 hours apart
- What is a balanced snack?
 - ▣ Protein
 - ▣ Carbohydrate
- If you are hungry between meals, but meals are not more than 6 hours apart, have fruit or vegetables + protein

Exercise and Eating

- Limit refined carbohydrates
- Carbohydrate = sugar + starch + fibre
- Sugar and starch turn into sugar when we eat them
- We don't digest fibre so it does not turn into sugar
 - ▣ Fibre slows down our digestion = feel full longer and blood sugar rises more slowly
- Refined carbohydrates are carbohydrates with very little or no fibre
- Refined carbohydrates turn into sugar very quickly = hungry sooner and blood sugar rises faster

What Foods Have Carbohydrate



What Foods Have Refined Carbohydrate



Exercise and Eating - Next Level



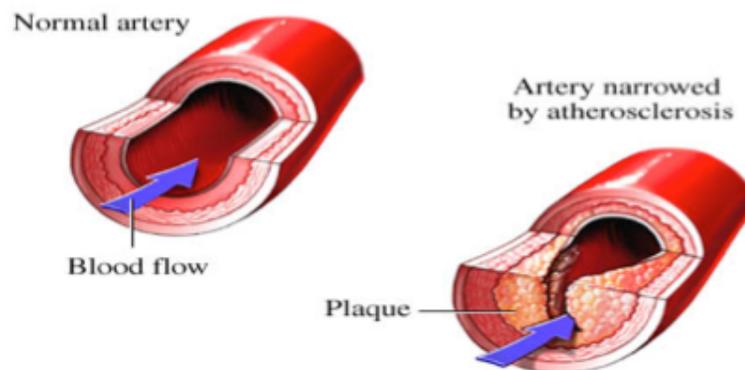
- ❑ Glycemic index is a ranking of carbohydrate or starchy foods and how quickly or slowly they raise blood glucose levels
- ❑ Choosing low glycemic index options mean more stable blood glucose levels and better appetite regulation
- ❑ Examples: choose sourdough or pumpernickel bread instead of white bread or bagel OR choose sweet potato vs. white or baking potato
- ❑ Portion and cooking method is still important!

Exercise and Eating

- Limit added sugar (e.g. tea/coffee/cereal etc)
- Have smaller portions of sweets/treats/snack foods and have them less often
- Choose higher fibre foods:
 - ▣ Fruit
 - ▣ Vegetables
 - ▣ Whole grains
 - ▣ Cereals with more than 4 grams of fibre per serving
 - ▣ Legumes (beans, lentils, baked beans, chickpeas)

Exercise and Eating

- Reduce fat intake
- Fat does not affect your blood sugar
 - ▣ Excess fat = excess calories = weight gain
 - ▣ Saturated and Trans fats can increase bad cholesterol levels
 - ▣ Unsaturated fats can lower bad cholesterol and increase good cholesterol – use small amounts



Exercise and Eating

- ❑ Choose beverages wisely
- ❑ Drinks are hidden sources of fat, carbohydrate and calories
- ❑ Unhealthy drink choices can raise your bad cholesterol, weight and blood sugar



Exercise and Eating



- If you are thirsty, drink water
- Limit juice or regular pop to no more than ½ cup (4 oz) per day
- Limit sugar in your coffee or tea
 - ▣ If you like it sweeter, try a sweetener
- Watch out for flavoured coffees and specialty drinks
- Sport drinks are usually not necessary – hydrate with water instead

Exercise and Eating



- ❑ Exercise helps your body use insulin better
- ❑ Both aerobic and resistance exercise are important
- ❑ Aerobic is continuous exercise such as walking, cycling or jogging that increases breathing and heart rate
- ❑ Resistance exercise involves brief repetitive exercises with hand weights, weight machines, resistance bands or your own body weight to build muscle strength

Exercise and Eating

- How much is enough?
 - ▣ 150 minutes of moderate to vigorous intensity aerobic exercise each week
 - ▣ You may have to start slowly with as little as 5 to 10 minutes of exercise per day, gradually building up to your goal
 - ▣ Multiple shorter exercise sessions of at least 10 minutes each are probably as useful as a single longer session of the same intensity
 - ▣ Resistance exercises 3-4 times per week

To sum up...lifestyle



- Have regular meals every 4-6hrs
- Plan a balanced plate where you have more veg than pasta, rice, potato
- If you drink sweet drinks like pop, juice, specialty coffees, choose a sugar free options or have a smaller size or less often
- If you eat sweets, desserts and snack foods like chips, etc. often, try to cut back
- Plan to start some walking if you can

Screening



- Book a check up with your optometrist once a year and make sure they know you have diabetes
- Have a yearly foot check with your doctor and see a foot care specialist (like a foot care nurse) if needed
- You will have a yearly urine test to make sure your kidneys aren't damaged from high blood sugars

Smoking and Stress

- Quitting smoking is one of the most important things individuals living with diabetes can do to help prevent or delay onset of complications
- The Last Cigarette is an in-house program to help you with your next quit attempt.



Smoking and Stress



- ❑ Managing diabetes can be stressful
- ❑ Individuals should set aside some time everyday to relax
- ❑ Find healthy ways to manage your stress
- ❑ Avoid unhealthy stress busters such as smoking, alcohol use, poor food choices
- ❑ Find relief with exercise, socializing, laughter and other strategies

More reading:



□ Diabetes Canada “Just the basics”

- <https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/just-the-basics.pdf?ext=.pdf>
- <https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/just-the-basics-south-asian-english.pdf?ext=.pdf>

□ Diabetes Canada - Glycemic Index Handouts

- <https://guidelines.diabetes.ca/docs/patient-resources/glycemic-index-food-guide.pdf>
- [https://www.diabetes.ca/resources/tools---resources/the-glycemic-index-\(gi\)](https://www.diabetes.ca/resources/tools---resources/the-glycemic-index-(gi))



obrigado

Dank U

Merci

mahalo

Köszö

спасибо

Grazie

Thank
you

mauruuru

Takk

Gracias

Dziękuję

Děkuju

danke

Kiitos

Questions?



Follow-up

To book your 3-month follow-up appointment, call:
519-629-4615 x. 271

