

Diabetes



Diabetes is a chronic disease that affects how the body can turn food into energy. Type 1 diabetes is caused by an autoimmune reaction that destroys beta cells in the pancreas where insulin is produced. People with Type 1 diabetes need insulin therapy. Type 2 diabetes progresses over many years increasingly affecting how the body uses insulin to convert food to energy. **Being overweight, sedentary, and having a family history of diabetes are all risk factors for developing Type 2 diabetes.**

Insulin is a hormone that helps the body's cells use sugar (glucose) for energy. It also helps the body store extra sugar in the muscle, fat, and liver cells.

Without insulin, this sugar stays in your blood instead, increasing your blood sugar levels. As a result, the body loses its main source of fuel because cells are not able to absorb the glucose they need.

High blood sugar can harm small blood vessels in the eyes, nerves, and kidneys. It can also increase your risk for heart attack and stroke.

What do your results mean?

You are at risk for developing diabetes if:

- your fasting glucose is 100-126mg/dl
- two hour post 75 gram oral glucose tolerance glucose is 140-199mg/dl
- or A1c is 5.7-6.4 percent

You have diabetes if:

- your fasting glucose is 126mg/dl or greater
- two hour post 75 gram oral glucose tolerance glucose is 200mg/dl or greater
- or A1c is 6.5 percent or greater

Fasting Glucose		
99 or less	100 – 125	126 or more
Normal	Moderate Risk	High Risk

Two hour post 75 gram oral glucose tolerance glucose		
139 or less	140 – 199	200 or more
Normal	Moderate Risk	High Risk

A1c		
5.6% or less	5.7% – 6.4%	6.5% or more
Normal	Moderate Risk	High Risk



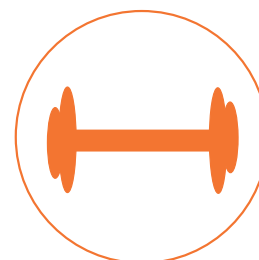
Take action

The key to treating diabetes is to keep blood sugar levels controlled and in your target range.

Lower your blood sugar by doing the following:

- **Make healthy food choices** by avoiding processed foods and reducing simple starches like bread, pasta, and rice in your diet. Try to manage the amount of carbohydrates you eat by spreading them out over the day instead of eating large portions with one meal.
- **Lose weight, if you are overweight.** Get regular exercise by finding opportunities to walk around the office, take the stairs instead of the elevator, use a stand up desk, or jog in the morning before work.

Diabetes is a serious condition, but can be prevented or managed with the help of your health center. Your provider can help you develop a personalized health plan, lose weight, monitor your glucose, and learn healthy recipes.



To get control of your diabetes risk or diagnosis, make an appointment with your health center today.