Diabetes 2013
“You’ve come a long way, Baby!”

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Objectives

• To learn about Diabetes: Type 1 and Type 2
• To learn how lifestyle can help improve blood sugars (and possibly prevent Type 2 diabetes)
Type 1 Diabetes – Many faces
Type 2 Diabetes
“In the beginning…”

- Type I diabetes was a fatal disease
- 1923 insulin became available
- 1955 First oral agents were made for Type 2 diabetes (Diabinese, Tolinase)
- 1970 First blood glucose meters
- 1983 First biosynthetic human insulin invented
- 1986 First insulin pen
- 1993 Glucophage (metformin) arrived
Now!

• There has been an explosion of products in the last 15 years to treat diabetes.
• Good for the patient - many options
• Hard for health care providers: too many options!
What is Type 1 Diabetes (formerly known as juvenile diabetes)

- Folks with Type 1 diabetes are insulin deficient - pancreas can no longer produce insulin.
- Insulin injections are the only treatment
- Lifestyle (diet and exercise) very important
What is Type 2 Diabetes (formerly known as Adult Onset Diabetes)

• Folks with Type 2 diabetes usually make plenty of insulin but don’t use it efficiently.
• Think “gas guzzling cars”.. not many miles per insulin gallon.
• Lifestyle (diet and activity) are the foundation of treatment
• Medications are added when lifestyle alone is not enough
N = 26; Mean (SE)

Most important Tool for treating Diabetes

- **BLOOD GLUCOSE MONITOR!!!!!!**
  - Trying to treat diabetes without monitoring blood sugars is like driving with your eyes closed!
  - Monitor blood sugar before each meal and bedtime at least 3 days per week, the more you monitor the more you know!
  - RECORD blood sugars in log book and include comments that pertain to the result i.e. “ice cream”, “stress” etc.
  - Recording helps you to be “proactive” instead of “reactive”.
Eating for Good Health

Use the Plate Method

It is all about the Carbs (not the sugar!)
<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 280</td>
<td>Calories from Fat 120</td>
</tr>
<tr>
<td>Total Fat 13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat 2g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 660mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate 51g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
</tr>
</tbody>
</table>
Read the LABEL

- Look at the serving size
- Look at the Carbohydrates (measured in grams – gms)
- Try to keep the carbs to 45-50 gms per MEAL or less
High Carbohydrate Foods

- Fruit, cereal, milk, juice, bread, rice, potatoes, lima beans, peas, corn, pasta, cakes, cookies, candy, oatmeal etc
TIPS

• Carbohydrates send the blood sugar up quickly so DON’T start the meal with a carbohydrate food!
• Try not to have carbs by themselves
• Instead START with the low carb veggies or protein and add the carbs midway or at the end of the meal.
• Be mindful of PORTIONS.
• Shy away from juices unless your blood sugar is low.
TIPS

• Don’t skip meals—especially BREAKFAST
• When possible, make supper your lighter meal
Exercise

• You’ve got to MOVE IT, MOVE IT!!

• Walking is easy and inexpensive

• Go to big box stores (Walmart, Home Depot) when the weather is bad (leave your money at home!)

• Stand up during every commercial break when watching TV.

• Keep some canned goods handy and use them, as weights
• Get a really book on tape or disc to listen to while you exercise (the time will fly)
• Work your Core (abdominal muscles) Pull in your abs (don’t hold your breath) while watching TV or sitting at a stop light.
Resources

- Dlife.com – great diabetes website with recipes and information
- Diabetes Forecast magazine
- Myfitnesspal – free online calorie counter and fitness plan
- Just google Diabetes
- Certified Diabetes Educators
- Diabetes Classes – Knowledge is the KEY