

Taking Charge: Diabetes



**Start
Today!**



**A Partnership of the WVU Extension Service
and WVU Center for Excellence in Disabilities**

Taking Charge: Diabetes

Did You Know...

More than 250,000 West Virginians live with diabetes



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Diabetes is the fastest-growing disease in the U.S.

It kills more than 224,000 each year

It is the sixth leading cause of death in the U.S.

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What is diabetes?

It is a condition of the pancreas and its ability to make insulin.

Insulin is a natural body chemical that breaks down sugar from food you eat.



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Should I be concerned about diabetes?

Persons with diabetes have a higher risk for many health problems.

Heart attacks may be harder to diagnose and more deadly for diabetics.



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Diabetes may lead to:



- Being less active
- Kidney disease
- Nerve disease
- Amputations
- Depression
- Blindness

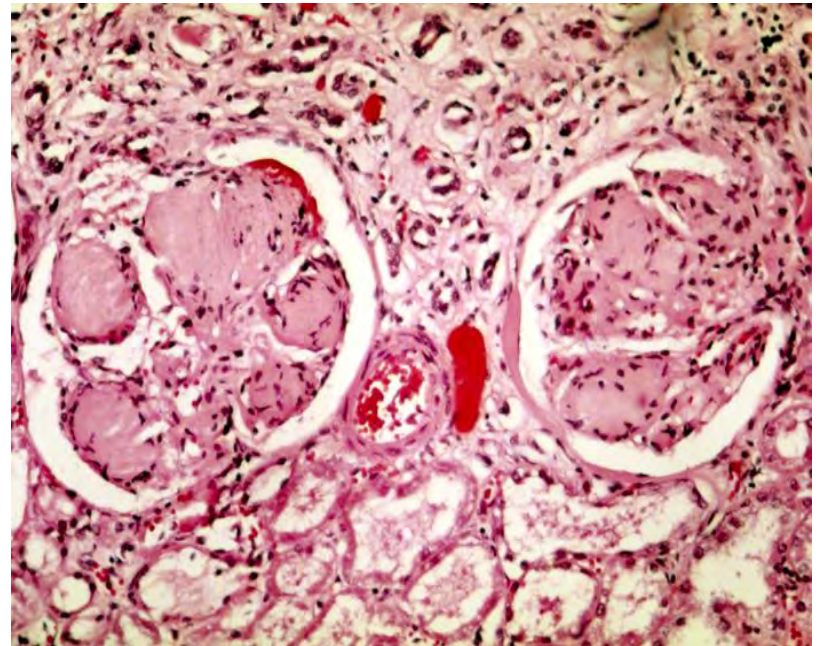
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Type 1 diabetes

The pancreas does not make insulin.

5% of people with diabetes have type 1.

It usually appears during childhood or adolescence.



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Type 2 diabetes

This is the most common form.

The pancreas does not make enough insulin or does not use insulin efficiently.

95% of people with diabetes have type 2.

It appears most often in middle-aged adults.



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The Good News is...

The same healthy habits are important for everyone:



- Persons without diabetes
- Persons with type 1 diabetes
- Persons with type 2 diabetes

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What should I do about diabetes?

- ✓ Be active
- ✓ Eat smart
- ✓ Get routine checkups and dental exams
- ✓ Control blood pressure, cholesterol, blood sugar levels
- ✓ Talk to your healthcare provider
- ✓ Know the warning signs



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What are the warning signs?

- Increased frequency of infections
- Changes in your teeth and gums
- Dry skin
- Increased thirst
- Sores, wounds, or bruises that do not heal
- Numbness or tingling in your feet or hands



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Other warning signs to look for:

- Vomiting
- Weight loss
- Blurry vision
- Frequent urination



**Talk to your doctor right away
if you see these signs**

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Some risk factors you cannot control:

- Family history of diabetes
- Being Asian, Pacific Islander, Native Hawaiian, American Indian, Hispanic, Latino, or African American



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Do everything you can to prevent diabetes

Your health habits may prevent or delay getting diabetes.



If you already have diabetes, your health habits can help manage the disease and prevent complications and early death.

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What tests do I need?

- ✓ Cholesterol
- ✓ Blood pressure
- ✓ Blood sugar levels
- ✓ Dental exam every 6 months
- ✓ Eye exam every 12 or 24 months
- ✓ Diabetes checkup every 2 to 3 months
(if you have been diagnosed with diabetes)



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How can I take charge of my eating habits?

Talk to your doctor to plan a balanced diet that is right for you!

- ✓ Lean meats
- ✓ Fruits
- ✓ Vegetables
- ✓ Whole grains



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What else can I do?

Start today to:

- ✓ Stop smoking
- ✓ Control cholesterol
- ✓ Control blood pressure
- ✓ Lose weight if you need to
- ✓ Be active 30 minutes on most days
- ✓ Choose low-fat and high-nutrient food



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What else can I do?

Use
your
calendar
to plan
healthy
activities


I am Taking Charge of my Health

- ✓ Eat balanced meals
- ✓ Be active 30 minutes a day
- ✓ Take my medicines
- ✓ Get health check ups
- ✓ Prevent slips and falls
- ✓ Relax, have fun, be with friends!

During the month of _____, I plan to _____.

Today I will _____
(note your plan on the days below)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |
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 West Virginia University

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Watch for signs of low blood sugar

- Nervous, shaky, or sweaty
- Feeling
- Seizures
- Confusion
- Passing out



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Watch for signs of high blood sugar

- Stomach pain or nausea
- Frequent urination
- Blurred vision
- Feeling tired
- Weight loss
- Dry mouth
- Thirst



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Control your blood sugar level

- ✓ Take medication as directed by your doctor
- ✓ Get a hemoglobin A1c test every 3 months
- ✓ Test your blood sugar, as recommended by your doctor
- ✓ Eat fruits and vegetables
- ✓ Limit portion sizes
- ✓ Choose high fiber and lean protein foods
- ✓ Drink plenty of water – a small glass of water about every hour while you're awake



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What tips will help if I have diabetes?

- ✓ Take medicines as your doctor prescribed
- ✓ Get regular checkups with your family doctor, eye doctor, and dentist
- ✓ Brush your teeth and floss every day
- ✓ Notice any changes in your eyesight
- ✓ Check for any open cuts or wounds
- ✓ Be active 30 minutes on most days
- ✓ Track your daily blood sugar levels
- ✓ Ask your doctor about a flu shot
- ✓ Maintain a healthy weight



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More helpful tips

- ✓ Wear a diabetes necklace, tag, or bracelet
- ✓ Build meals around fruits, vegetables, and grains; snacks are part of your total diet
- ✓ Wear socks and shoes that fit
- ✓ If you don't feel well, STOP and check blood sugar
- ✓ Check your feet daily for blisters, redness, cuts, or sores
- ✓ Balance your portion sizes:
 - Proteins – Size of the palm of your hand
 - Starch – Size of your fist for each portion
 - Fruits & vegetables – Fill your 2 hands



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**Good health habits
make a difference in your life**



**Start today to do everything you
can to prevent or control diabetes**

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Learn more

- ✓ American Diabetes Association (ADA)
www.diabetes.org/home.jsp
- ✓ National Center for Chronic Disease Prevention and Health Promotion
 - Diabetes & Me
www.cdc.gov/diabetes/consumer/
 - National Diabetes Education Program (NDEP)
www.cdc.gov/diabetes/ndep/more.htm#3
- ✓ National Diabetes Information Clearing House (NDIC)
www.diabetes.niddk.nih.gov/

Taking Charge of Your Health & Safety

www.cedwvu.org/programs/takingcharge/



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This project was created with support
from the USDA National Institute for Food and Agriculture.