

BODY AND SOUL:

MEADE COUNTY CATHOLIC HEALTH MINISTRY

Diabetes Basics

November is recognized as National Diabetes Month. Chances are, you know someone who lives with diabetes. According to the American Diabetes Association, 23.6 million people in the U.S. have diabetes—although 5.7 million of them are unaware that they have the disease.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone produced by the pancreas that is needed to convert sugar and starches from food into energy. When you eat, the body breaks down the sugars and starches into glucose—the basic fuel for the cells. Insulin takes the glucose from the blood into the cells. In a person with diabetes, the glucose can build up in the blood instead of going to the cells. When this happens, your cells are starved for energy. Damage to the eyes, kidneys, nerves and heart can also occur over time.

A person with diabetes needs to check

their blood glucose levels to manage their daily treatment. A blood glucose meter is a small machine that uses test strips and a drop of blood to read the level of glucose in your blood. It is recommended that diabetics check their blood glucose levels: after meals, before exercise, before bed-time, and any time they are feeling low or high. Things like stress and illness can affect glucose levels. A person's glucose level should be between 70-130 mg/dL before meals and less than 180 mg/dL after meals. A test called the A1C can measure a person's average blood glucose level for the past 2-3 months. It should be done by a physician every 3-6 months and should read less than 7%.

(cont. on pg. 2)



Types of Diabetes

Type 1 Diabetes: The body fails to produce insulin. It is usually diagnosed in children and young adults (formerly known as juvenile diabetes)

Type 2 Diabetes: Either the body does not produce enough insulin or the cells ignore the insulin (this is the most common form of diabetes)

Pre-diabetes: A condition in which blood glucose levels are higher than normal but not high enough for a Type 2 diagnosis **Gestational Diabetes:** Affects a pregnant woman who has never been diabetic but has high blood glucose levels during pregnancy

November 2009

Volume 1, Issue 3

Symptoms of Diabetes:

- ⇒ Frequent urination
- ⇒ Being very thirsty
- ⇒ Being very hungry
- ⇒ Unusual tiredness
- ⇒ Unusual weight loss
- ⇒ Blurry vision
- ⇒ Dry, itchy skin
- ⇒ Slow healing sores

If you experience any of these symptoms, you should contact your physician as soon as possible.

Check it out!

Did you notice the section just for kids? Look for fun games and puzzles each month!

Ephesians 5:10

Battle against Evil. Finally, draw your strength from the Lord and from his mighty power

Cont., pg. 1

People with pre-diabetes can prevent development of type 2 diabetes by changing their diet and increasing their level of physical activity. Thirty minutes of moderate exercise a day and a 5-10% reduction in body weight can have a significant impact.

Some other considerations include:

- ◇ Eating less fat and more fruits, veggies, and whole grains
- ◇ Spreading out carbs between meals and snacks
- ◇ Taking medications as prescribed
- ◇ Limiting salt and alcohol
- ◇ Managing your stress



Written by Melissa D. Phillips, Community Health Educator

Am I at risk?

If you answer YES to any of these, you are at risk for type 2 diabetes:

- ◇ I am overweight
- ◇ I get less than 30 minutes of exercise daily
- ◇ I have high blood pressure
- ◇ My lipid (blood fat) levels are not normal
- ◇ I have pre-diabetes
- ◇ I had a baby weighing more than 9 pounds at birth
- ◇ I have polycystic ovary syndrome
- ◇ I have a history of blood vessel disease
- ◇ I am over 45 years old
- ◇ I have a family history of diabetes
- ◇ My background is African American, Hispanic, Native American, Asian American or Pacific Islander

Call your physician now about a blood sugar test!

Kid's Corner

Diabetes can also affect kids!

Unscramble these jumbles to find words associated with diabetes!



1. EGOLUSC
2. AEDSEIBT
3. NIULISN
4. GURAS
5. RACNAPSE
6. DIEYNK
7. OLDOB
8. ESEDISA

From the Catechism of the Catholic Church

“Illness and suffering have always been among the gravest problems confronted in human life.

In illness, man experiences his powerlessness, his limitations, and his finitude. Every illness can make us glimpse death.

Illness can lead to anguish, self-absorption, sometimes even despair and revolt against God. It can also make a person more mature, helping him discern in his life what is not essential so that he can turn toward that which is. Very often illness provokes a search for God and a return to him.”

Ans: 1. glucose, 2. diabetes, 3. insulin, 4. sugar, 5. pancreas, 6. kidney, 7. blood, 8. disease