



Diabetes Awareness



Did You Know?

- Diabetes is the 7th leading cause of death in the US.
- About 30.3 million people have diabetes.
- 23.1 million people are diagnosed while the other 7.2 million go undiagnosed.
- Mostly all diabetes cases are type 2.
- As you get older, you are at a higher risk of developing type 2 diabetes.
- Risk factors include being overweight or having a family history.
- You can help prevent type 2 diabetes by eating a healthy diet, controlling your weight, and exercising regularly.

What is Diabetes?

Diabetes is a disease where your blood sugar (glucose) gets too high. Blood glucose comes from the foods you eat and it is our main source of energy. To get the glucose into your cells you need insulin, a hormone made by the pancreas. Without the insulin, your body will not be able to perform properly. Some people do not produce insulin or make enough, therefore causing diabetes. There are different types of diabetes including Prediabetes, Type 1, and Type 2. **Prediabetes** is when you have blood sugar levels that are too high but they are not yet high enough to be considered diabetes. **Type 1 Diabetes** is when your body does not make any insulin. There is a small amount of people diagnosed with this type and it usually occurs in children or young adults. Insulin needs to be taken every day when Type 1 Diabetes is present. The most common type of diabetes is **Type 2**. This is when your body does not produce enough insulin or your body does not know how to use it. To manage this disease, proper diet, exercise, and medications are necessary.

Type 2 Diabetes

You are at a higher risk of getting this disease if you are overweight, have a history in your family, or are 45 years or older. Also, if you have a history of high blood pressure or have had prediabetes or gestational diabetes you are more likely to develop type 2. When you have this disease, you are at a higher risk of getting a number of other health problems because of high blood sugar. This includes heart disease, stroke, kidney disease, eye problems, or nerve damage.

Prevention Tips

- **Healthy Diet:** Make sure to reduce the amount of fatty foods and red meat you are eating as well as avoiding sugary foods. Fill your plate with fruits and vegetables and try to eat whole grains. Get rid of all the tempting foods in your kitchen, and go to the store and stock up on foods for healthy meals. Also, it is recommended to eat more fiber as it can lower your blood sugar levels and keep you at a healthy weight.
- **Exercise:** Try to get at least 30 minutes of exercise in each day. Start small, and begin with about 10 minutes a day and work up to 30 minutes over time. It doesn't have to be vigorous exercise, do something enjoyable or go for a walk. If you are able to lose about 5-7% of your body weight this can help prevent diabetes.
- **Monitor Your Blood Sugar:** If you have high blood sugar you are at a greater risk of developing diabetes. If you believe you are at risk get your blood pressure checked regularly. The normal blood pressure rate is 120/80.
- **Stop Smoking:** Individuals who smoke are more likely to develop type 2 diabetes. There is also a higher risk for complications if you smoke while having diabetes.

HEALTHY RECIPE

Dijon Roasted Turkey

Ingredients:

- 2 tablespoons of Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon rosemary leaves, chopped
- 1 tablespoon dried thyme
- Sea salt and ground pepper
- 3 pounds' turkey breast

Directions:

- Preheat the oven to 375 F.
- In a small bowl, whisk together mustard, garlic, oil, rosemary, thyme, and sea salt and pepper to taste.
- Rub this over turkey breast thoroughly.
- Place breast into a roasting pan and bake for about 2 hours until meat thermometer reads 165-170 F. Serves 4.

Sources: <https://www.niddk.nih.gov>
<https://www.healthline.com>

Promoting Good Health and Quality of Life



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