



## GLUCOSE GOALS

Fasting: 90 to 130 mg/dL

Two hours after meals: 80 to 180 mg/dL.

Check with your doctor for your glucose goals.

## DIABETES TIPS

- Ask your doctor about your glucose numbers.
- Attend education opportunities about diabetes.
- Check out [www.diabetes.org](http://www.diabetes.org).
- Request a Diabetes Medical Nutrition Therapy with a registered dietitian certified diabetes educator.



### McLAREN CARO REGION

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### CARO MEDICAL CLINIC

220 E. Frank Street, Caro  
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### CARO QUICK CARE

345 N. State Street, Caro  
(989) 672-5151

### HILL MEDICAL CENTER

465 N. Hooper Street, Caro  
(989) 672-5735

### SENIOR LIFE SOLUTIONS

310 N. Hooper Street, Caro  
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### CARO HEALTH SERVICES

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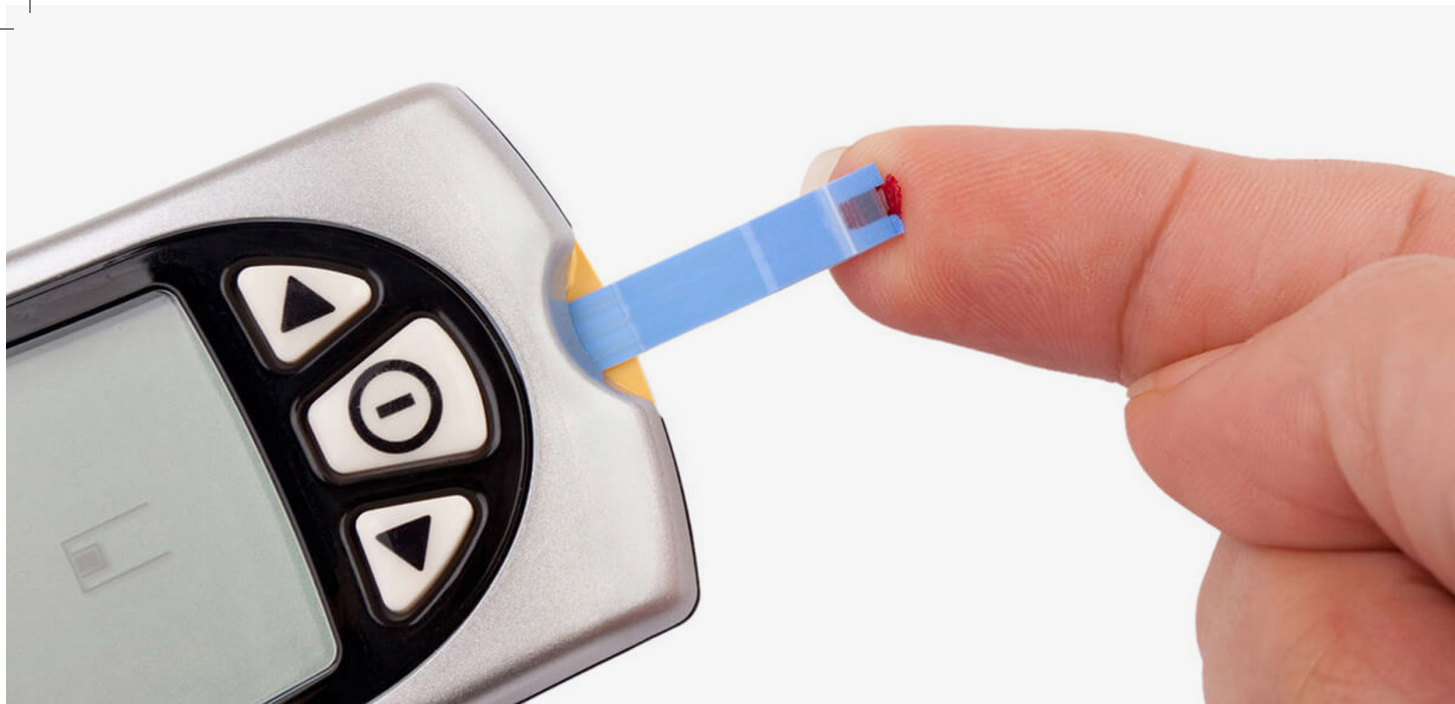
# ARE YOU AT RISK FOR DIABETES?

Approximately 21 million Americans have diabetes and as many as half of them don't know it. Learn more about the disease, try to prevent it, or learn how to manage it.



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## EARLY DIAGNOSIS IS IMPORTANT

Complications of diabetes may be delayed or prevented with early diagnosis and treatment. Effective treatment is available; some people with Type 2 diabetes can be treated with diet, exercise, and weight control. Most people with diabetes can live long and well if they take good care of themselves.

## RISK FACTORS FOR DIABETES

- Age 45 or older
- Family history of diabetes
- Overweight
- High blood pressure (at or above 140/90)
- Inactive
- Native American, Hispanic American, African American, Asian American, or Pacific Islander
- Diabetes during pregnancy
- Giving birth to a baby weighing more than 9 pounds

## DIABETES CLASSIFICATIONS

### Type 1 Diabetes

Often diagnosed in children and young adults; causes loss of ability to make insulin; Insulin therapy needed for life.

### Type 2 Diabetes

90-95% of diabetics; common for older adults and overweight children; pancreas may not make enough insulin or the body is not able to use it well.

### Gestational Diabetes

Occurs during pregnancy but usually goes away afterward; increases risk of developing Type 2.

## COMMON SIGNS & SYMPTOMS

- Frequent urination
- Constant thirst and hunger
- Weight loss
- Rapid vision changes
- Extreme fatigue
- Slow healing of wounds
- Tingling or loss of feeling in hands or feet
- Very dry skin

It is possible to prevent or delay development of Type 2 diabetes through healthy eating, exercise, and reaching and maintaining a healthy weight. In fact, prevention and treatment can be summed up in a few words: stay lean and stay active! If you have diabetes, do what you can to keep it under control, and be sure to plan your treatment with your doctor.

### Healthy Eating:

Choose a variety of foods that are high in fiber, and include vegetables, lean meats, and fish. Reasonable portions of fruits and whole grains are good choices as well. Balance the food you eat to keep glucose in the goal ranges.

### Small, Regular Meals:

Avoid very large meals or skipping meals, which can cause wide glucose swings.

### Exercise:

Helps to control weight and reduce insulin resistance; uses up blood glucose; improves circulation; increases blood flow; and reduces risk of cardiovascular disease. Be sure to talk with your doctor before starting a new exercise program. Aim for 30 minutes of activity on most days.

### Weight Control:

Reaching and maintaining a healthy weight causes cells to become more sensitive to insulin. Cells that are sensitive to insulin will use glucose better.

There is currently no cure for diabetes. However, there is a lot known about managing the disease. If you have diabetes, keeping blood sugar in an acceptable range is the most important thing you can do to prevent long-term complications of diabetes. Good control can reduce the risk of eye, nerve, kidney diseases, and lower risk for heart attacks and stroke.