

Type 2 DIABETES

What is Type 2 diabetes?

Type 2 diabetes occurs when the blood glucose (sugar) level is too high. Blood glucose is the fuel that the body cells use for energy. Type 2 diabetes occurs because there is either not enough insulin produced by an organ called the pancreas or because the body is less sensitive to the insulin it produces. Insulin helps the body get the blood glucose into cells.

Comprehending the Values

		Fasting (mg/dL)	Random (mg/dL)
😊	Normal	Less than 100	Less than 140
😐	Pre-Diabetic	100-125	140-199
😞	Diabetic	126 and above	200 and above

Fasting values are obtained by measuring the blood glucose levels after a fast of at least 8 hours. On the other hand, random values are obtained by measuring the blood glucose levels with no fasting. Fasting values are more accurate, therefore it is important to be fasting before getting your blood tested.



Treatment

Weight control, increased physical activity, and, in some cases, diabetes medicine can help improve blood glucose levels. Diabetes cannot be cured but it can be controlled. By controlling blood glucose levels, the complications of diabetes, such as kidney disease and blindness, may be delayed or even prevented.

It is important for people with diabetes to lower high blood pressure and decrease cholesterol and triglyceride (blood fat) levels. If these are high, you may be more at risk for heart disease and stroke.

Good Nutrition Matters

Your food choices will affect your diabetes control. Food that contains natural, added sugar, or starch (carbohydrates) will affect your blood glucose more than foods that are mainly protein (meat) or fat.

Drinking plenty of water, eating higher fiber foods, and eating less fat will help. Skipping meals is a bad idea, especially if you take diabetes medicine. Missing a meal also makes you more likely to overeat later.

Getting and Staying Active

Exercise and good food choices may have a bigger impact on controlling diabetes than medication. A weight loss of just 10 to 20 pounds can make a huge difference in your blood glucose and blood pressure. Therefore, getting and staying active and controlling intake of calories are extremely important to diabetes control. Staying active can also help other diseases like high blood pressure and high cholesterol.

Exercise at least 30 minutes a day, 5 to 7 days a week. The workout does not need to be too intense, but the exercise should get your heart rate up. Brisk walking around the neighborhood, swimming laps, water aerobics, and biking are good exercises to get your heart rate up.

Common Symptoms of Diabetes

- Frequent urination.
- Excessive thirst.
- Unexplained weight loss.
- Extreme hunger.
- Sudden vision changes. Blurry vision.
- Tingling or numbness in hands or feet.
- Feeling very tired much of the time.
- Very dry skin.
- Sores that are slow to heal.
- More infections than usual.

Recommendations: Drive less. If driving to the supermarket, do not take the close parking spot. Park far so you can walk a little farther. Take stairs more often instead of an elevator. Little tasks like these may seem meaningless but do have an impact on controlling diabetes.