

MANAGING DIABETES IN A MODERN WORLD

Take the First Step

You or someone you care about has diabetes. Now what?

Acknowledging and dealing with the emotions brought about because of the diagnosis, is very important in the management of your illness. You might be confused, angry or any number of other emotions—that is perfectly normal.

Understanding your condition, doing your part to manage it, staying positive, talking with your healthcare provider and finding support will help you better manage your condition.

What is diabetes?

When you have diabetes your body is not able to make energy out of the food you eat.

The reason your body is not able to use the food you are consuming is because your body is not making enough insulin or is not able to use the insulin that it is making.

Insulin acts as the key to unlock the cells and allows glucose into our cells. Then our cells can use the glucose as energy.

If something has happened and the body is unable to make enough insulin or your body doesn't know how to use the insulin correctly, the glucose builds up on the blood stream. When this happens your blood sugar has no where to go and will remain in your blood stream, causing high levels of blood sugar. When you have consistently high levels of blood sugar, this is considered diabetes.

Who is at risk?

- Overweight/obese
- Excessive fat in the abdomen
- Age: 45 years and older
- Family member with diabetes
- Gestational diabetes
- Genetic predisposition
- Inactive lifestyle

	Men	Women
Waist Circumference	Over 40 inches	Over 35 inches

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Symptoms of diabetes

- Frequent urination
- Excessive thirst
- Extreme hunger or constant eating
- Unexplained weight loss
- Numbness or tingling in hands/feet
- Headaches
- Changes in vision
- Difficulty thinking or focusing
- Tiredness or fatigue
- Slow-healing cuts or sores
- High number of infections

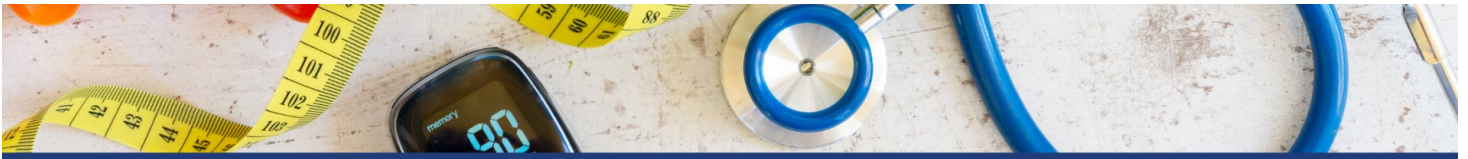


How will I know for sure?

There are 2 tests that can be done to determine if you have diabetes. One test will examine the Hemoglobin A1C. For this blood test you can eat and drink normally before you have the blood draw. The other blood test, is a fasting blood test. For this test, you will not be able to eat or drink for at least 8 hours before the test.

Fasting Blood Glucose –no food or drink 8 hours before test

	Normal	Prediabetes	Diabetes
Results	Less than 100 mg/dl	100-125 mg/dl	126 mg/dl or higher



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Hemoglobin A1C or A1C —no fasting required

	Normal	Prediabetes	Diabetes
Results	Less than 5.7%	5.7% to 6.4%	6.5% or higher

The A1C test measures your average blood glucose for the past 3 months.

Other names for the A1C test are hemoglobin A1C, HbA1C, glycated hemoglobin, and glycosylated hemoglobin test.

Meal Planning

A large part of managing your diabetes is meal planning. After consulting with your physician and/or dietitian you may select the plan that best fits your lifestyle. *See additional handout

Physical Activity

Being active with physical activity plays a large part in preventing diabetes complications.

Gardening, walking, house cleaning—it all counts! Aim for 150 minutes per week.

Goal Setting



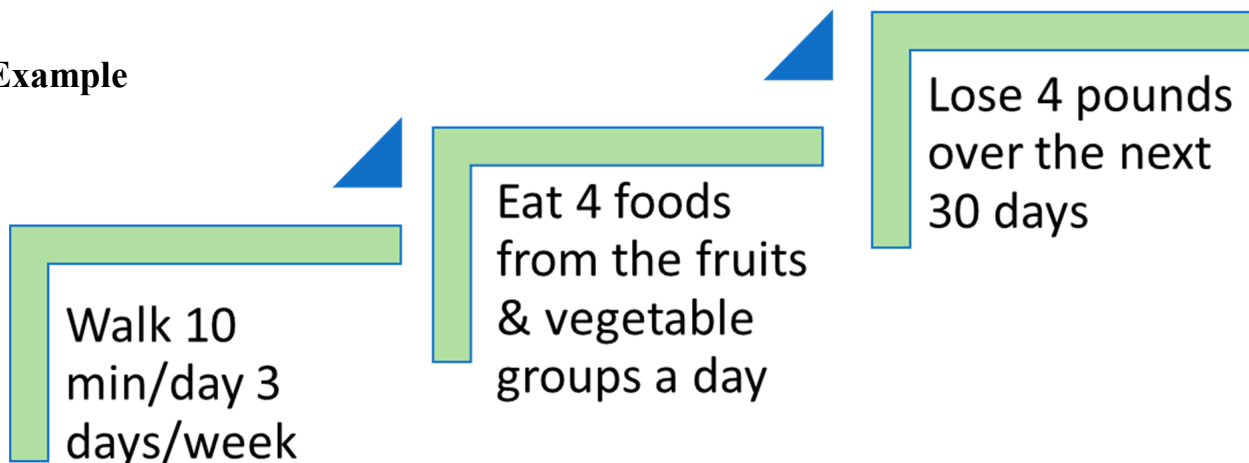


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Goal setting

- Start small so it is easy to manage
- What resources will you need?
- What are some steps you will have to take?
- How will you track your progress?

For Example



Additional Resources

- go.Illinois.edu/fiesta
- go.Illinois.edu/diabetesrecipes
- go.Illinois.edu/nutritionwell
- YouTube: What's Cooking with Mary Liz Wright

References:

- 2018 American Diabetes Association Diabetes Standard of Care
- AADE: American Association of Diabetes Educators
- Center for Disease Control, CDC



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