

Complete Endocrine Care Diabetes Management Resources



WHY TAKE CARE OF YOUR DIABETES?

- ◆ Heart disease and stroke are 2-4 times more common in those with diabetes
- ◆ Diabetes is the leading cause of kidney disease
- ◆ Diabetes is the leading cause of new cases of blindness in adults
- ◆ More than half of amputations of the feet and legs are due to diabetes
- ◆ 60% of those with diabetes have some nerve damage
- ◆ Gum disease occurs in 30% of those who have diabetes

STUDIES HAVE SHOWN THAT CONTROLLING BLOOD SUGAR CAN PREVENT OR DELAY THESE PROBLEMS!

WHY IS EXERCISE IMPORTANT?



When cells are active, they become more sensitive to insulin and work more efficiently



Exercise can lower your blood glucose and improve your A1C levels



Lowering your A1C can lead to fewer pills or less insulin



Exercise lowers blood pressure and cholesterol, reducing risk of heart disease and stroke



Strengthens your muscles and bones



Burns calories to help you lose or maintain weight

NEED BOTH CARDIO AND RESISTANCE EXERCISES!

CARDIO: Walk more! Use a pedometer throughout the day and build up to 5,000 – 10,000 steps. Other cardio exercises include aqua fitness (great for mobility concerns or joint/muscle pains!), treadmill, elliptical trainer, etc.

RESISTANCE/STRENGTH: Resistance bands, light weights, or even using water bottles can help build muscle and increases your metabolic rate.

TARGETS FOR DIABETES MANAGEMENT

Blood Sugars

A1C: < 7.0%
< 6.5%, if possible

Before Meals: 4-7 mmol/L

2 hrs after meals: 5 – 10 mmol/L

Blood Pressure

<130/80 mmHg

Cholesterol

LDL <2.0 mmol/L

MINIMUM EXERCISE TARGETS

Cardio

30 mins everyday
OR achieving 5,000 – 10,000 steps a day

Resistance

60 – 90 minutes/week:
20 – 30 minutes 3 days/ week **OR** 10 minutes everyday **OR** 15 minutes 5 days per week

REGULAR ACTIVITY IS A KEY FACTOR IN IMPROVING DIABETES!

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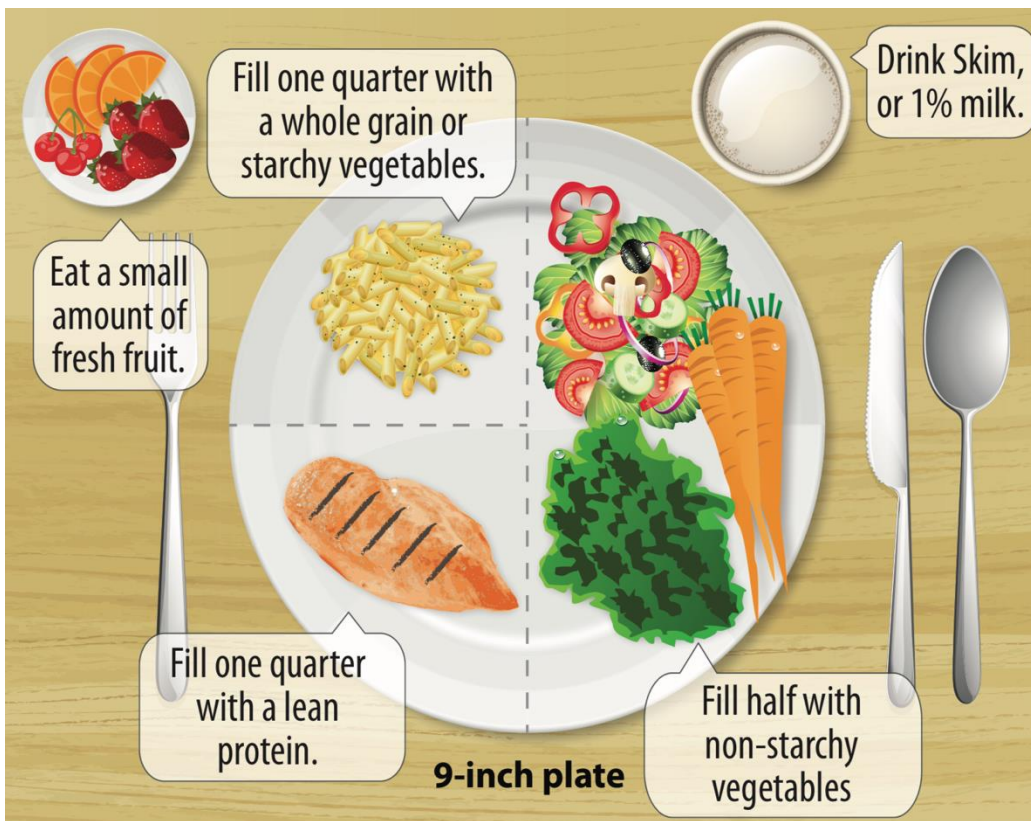


DIETARY INTERVENTIONS

- ◆ Eat 3 meals per day at regular times and space meals no more than 6 hours apart. Do NOT Skip meals!
- ◆ Add in small nutritious snacks. Ideas include small sized fruit, low fat yogurt, sliced vegetables, nuts
- ◆ Limit sugars and sweets such as sugar, pop, deserts, candies, jam, and honey
- ◆ Limit the amount of high fat food you eat such as fried foods, chips, and pastries
- ◆ Increase fibre and vegetables
- ◆ Beverages: Water, tea, coffee, low-fat milk. Limit pop or juice!

GOOD NUTRITION MATTERS! YOUR FOOD CHOICES AFFECT YOUR DIABETES CONTROL!

EATING HEALTHY PORTIONS



WHY ARE BEDTIME SNACKS IMPORTANT?

1) “Dawn Phenomenon”

Sugars normally start to rise before we wake up (between 2am and 8am) as our body prepares to become active. A bedtime snack will help keep your blood sugar steady and prevent your liver from releasing too much glucose.

2) Nocturnal Hypoglycemia

Sugars can go too low while sleeping. It is important that you always have a snack before bedtime to avoid hypoglycemia. This can cause immediate and long-term complications.

SNACK IDEAS

- 5 – 6 Crackers with cheese, peanut butter or with meat
- Veggies + Hummus
- 1 Slice of toast with peanut Butter, cheese or with meat
- Yogurt and berries
- $\frac{3}{4}$ cup of light popcorn

**CHOOSE SNACKS THAT ARE
HIGH IN FIBER, PROTEIN,
AND HEALTHY FATS!**