

**Welcome**

Living Well with Diabetes  
Including:  
Physical Activity



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**Today ....**

- Learn about diabetes and how to manage it
- If you or your client have medical questions about diabetes, talk with their doctor, healthcare professional or diabetes educator



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**Facts about Diabetes**

- Body gets energy by converting glucose from food
- Need insulin to use the glucose (the key that unlocks the door)
- Diabetes =
  - body makes too little or no insulin, or
  - body doesn't properly use the insulin it makes



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### More about Diabetes

Type 1 Diabetes:

- Pancreas produces little or no insulin
- Affects about 10% of people diagnosed with diabetes
- Insulin injections required



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### More about Diabetes

Type 2 Diabetes:

- Affects about 90% of people with diabetes
- Diagnosed most often in adults
- Managed with meal planning, physical activity, blood glucose testing, medication and sometimes insulin



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### More about Diabetes

Gestational Diabetes:

- Affects 3.5% to 3.8% of all pregnancies
- Increases risk of developing diabetes later in life
- All pregnant women should be tested



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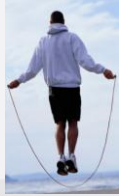
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### Managing Diabetes

- Visit their doctor often
- Live a healthy, active life
- Keep a healthy weight
- Take their medications



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### Managing Diabetes

- Keeping blood sugar, blood pressure, and cholesterol levels in check
- Take care of their feet
- Manage your stress
- Don't smoke



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### Healthcare Team

- Doctor or Diabetes Specialist
- Family Health Team Physician
- Certified Diabetes Nurse Educator
- Registered Dietician



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### Healthcare Team

- Other health professionals:
  - Pharmacist
  - Foot Care Specialist
  - Eye Specialist
  - Dentist
  - Psychologist



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### Help! I have Diabetes...

Coping Strategies:

- Communicate with family & friends;
- Ask for help;
- Write down what you are feeling;
- Focus on the positives;
- Exercise.



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### Healthy Food

- An important part of managing diabetes is choosing when, what, and how much to eat
- Canada's Food Guide to Healthy Eating
- Just the Basics
- Dietician



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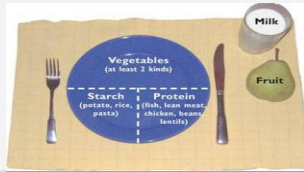
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### How Much Do I Need?

- Split dinner plate into 3 parts




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### Alcohol

- Alcohol makes some health problems worse
- Alcohol & Diabetes handout




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### Becoming More Active

- Goal: to add up 150 minutes of physical activity every week
- Add in some resistance exercises
- Start slow and build up
- SIT LESS, MOVE MORE




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### Activity & Diabetes

Increased activity =

- Better blood glucose management.
- More energy.
- Improved mood.
- Better cholesterol levels.
- Better weight management may reduce the amount of medication.

See your doctor before making any changes to your medications or insulin.




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### Small Changes

- Try 10 minutes at a time
- Park your car further from the store
- Take the stairs
- Walk the dog




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### Small Changes

- Dance
- Turn off the tv, computer, and video games
- Begin with walking
- Sit less, move more




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### Diabetes Medications

- may need more than lifestyle changes to manage diabetes
- Doctor may prescribe pills
- Every person is different and may need different kinds of pills




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### Medications...

Diabetes medications fall into four categories:

- Biguanides – help the liver reduce glucose production
- Insulin Sensitizers - rbody's sensitivity to its own insulin
- Alpha-Glucosidase Inhibitors – slows down the absorption of glucose from foods
- Insulin Secretagogues – Sulfonylureas/Non-Sulfonylureas
  - Stimulate the pancreas to make more insulin
  - Differ with reaction times – long acting vs short acting
- Incretin Agent – Januvia & Trajenta




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### Medications...

- Ask how and when to take your pills
- Ask about side effects and pills that interact
- Wear MedicAlert® ID




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### Insulin

- Some people need insulin by itself or with pills
- Thousands of Canadians inject insulin
- The most important thing is managing blood sugar levels



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### Insulin...

- Five types of Insulin available:
- a) Rapid-acting analogue – Humalog/NovoRapid
  - b) Short-acting – Humulin -R/Novolin ge Toronto
  - c) Intermediate-acting – Humulin N/Novolin ge NPH
  - d) Extended long-acting – Lantus/Levemir
  - e) Premixed – Humalog Mix 25/Humulin 20/80, 30/70 etc.



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### Blood Sugar Testing

- Check blood sugar levels often
- Try different blood sugar meters to find the best one for your client
- Testing helps your client make changes that give you the best results



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### Blood Sugar Levels

- Healthy levels differ from person to person
- For most, healthy levels are:
  - 4.0 – 7.0 mmol/L before meals
  - 5.0 – 8.0 mmol/L two hours after meals



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### A1C

- A1C is the average of blood sugar levels over the past 120 days
- Aim for A1C 7% or less
- A lab can test A1C



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### Low Blood Sugar

- Hypoglycemia = blood sugar is less than 4 mmol/L
- Occurs when there is not enough blood sugar in your system.
- Symptoms:
  - shaky
  - weak
  - fast heart beat
  - sweaty
  - headaches
  - look drunk



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### Treating Low Blood Sugar

- Check it
- If you can't check, help yourself anyway by taking:
  - 3 glucose tablets
  - 3 tsp sugar stirred in water
  - 3/4 cup juice or pop
  - 6 Life Savers®
  - 1 tbsp honey



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### Low Blood Sugar

- Wait 15 minutes and then check again
- If it is still less than 4.0, eat or drink again



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### High Blood Sugar

- Causes:
  - \* too much or too little food and activity
  - \* illness
  - \* stress
  - \* not taking pills



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### High Blood Sugar

- May make you feel thirsty or tired, or like you need to go to the bathroom a lot
- Try to find the cause and fix it
- Talk to your doctor



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### Foot Care

- Even a small cut can be of concern.
- Prevent it:
  - check your feet every day
  - wash and dry your feet every day
  - wear shoes that fit well
  - if you have problems, see your doctor



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### Eye Care

- High blood sugar can damage blood vessels in the retina of the eye
- There are no early symptoms, so eye checkups are very important!
- Have an annual dilated pupil exam with an optometrist
- OHIP covers annual eye exams.



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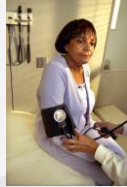
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### Know Your ABC's

- **A**1C
- **B**lood pressure
- **C**holesterol



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### What You Can Do

- Learn
- Talk
- Get checkups



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### Planning for Success

- Remember: Life can get in the way of regular physical activity and making healthy food choices
- Have a back-up plan



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**Questions?**



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**Know Who To Turn To**

Call 1-800-BANTING  
(1-800-226-8464)

Visit [www.diabetes.ca](http://www.diabetes.ca)



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