



LIVING WELL WITH DIABETES

Learn how small changes
can make a big impact
on your health.



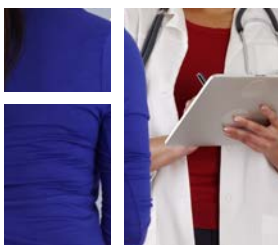
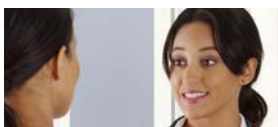
Your doctor has diagnosed you with diabetes. You might be feeling overwhelmed or uncertain about next steps and how this diagnosis will affect your health and well-being.

It is important to remember that diabetes is a treatable condition. You will play the most important role in managing your symptoms.

Your healthcare team will work with you to develop a plan for healthy eating and regular exercise. These are the two most important lifestyle factors that will influence how well your diabetes is controlled.

Your doctor also may prescribe medications to minimize your symptoms and your risk of complications.

You will be a partner with your physician to develop and maintain this plan of healthy eating, routine exercise and medication management. All around you, people are living active, healthy lives with diabetes.





WHY EXERCISE MATTERS

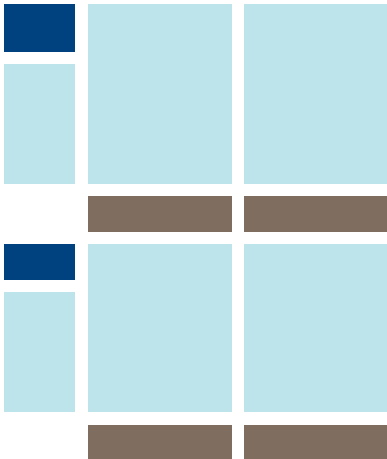
People with type 2 diabetes have too much sugar (glucose) in their blood, either because their body doesn't produce enough insulin to process the sugar, or because their body doesn't use insulin properly.

In either case, exercise can reduce your blood sugar level in several ways.

First, exercise causes the cells in your body to become more sensitive to insulin, so cells can use it more efficiently. Second, exercise helps build muscle, and muscles use glucose more efficiently than fat does. Third, exercise reduces cholesterol, high blood pressure and other risk factors for heart attacks and stroke, all of which are potential complications of diabetes.

A routine regimen of exercise can reduce your reliance on medications and lower your risk of complications.





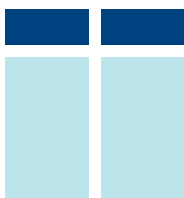
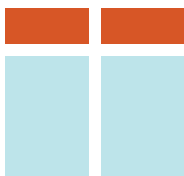
Exercising 3 times a week with weights and aerobic activity can reduce heart attack and stroke risk by 15 - 20 percent and the risk of diabetes-related kidney and eye disease by 25 - 40 percent.*

**Sept. 18, 2007 issue of the journal
Annals of Internal Medicine*

WHY DIET MATTERS

Many of the foods you eat contain glucose, or sugar, which is an important energy source that fuels all the cells in your body. But in people with diabetes, blood sugar increases to unsafe levels, which can damage your nerves, kidneys and heart.

To effectively reduce blood sugar levels and thus the risk of complications, it is important to select foods that are low in fat and sugar. These foods include fruits, vegetables and whole grains, which are naturally rich in nutrients and low in fat and calories.





TESTING YOUR BLOOD SUGAR

Testing your blood sugar at home with a portable electronic device (glucose meter) can be an important tool in managing your symptoms. Your doctor will advise you on how often you should check your blood sugar level. Frequency of testing depends on the type of diabetes you have and your treatment plan. Blood sugar testing provides useful information, such as:

- Determining when your blood sugar is too high or too low
- Assessing the effects of diet, exercise and medication on your blood sugar level
- Understanding how stress and illness affect your blood sugar level
- Judging how well you're reaching overall treatment goals.

MANAGING DIABETES WITH MEDICATIONS

Your doctor may recommend different types of medications to help control your diabetes symptoms and minimize your risk of complications, such as nerve damage, heart and kidney disease, tooth decay and gum disease, and eye disorders.

Medications may be prescribed alone or in combination to: (1) increase the release of insulin from the pancreas; (2) help the body use insulin more effectively; (3) reduce the production of glucose production in the liver; (4) lower the amount of glucose circulating in the bloodstream.

Being an active participant in your diabetes management will help you feel better and reduce your chance of developing complications.

You and your healthcare team will develop a plan for incorporating healthy eating and exercise habits into your daily routine to help you achieve optimal health.



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