

Diabetes Mellitus

What is Diabetes Mellitus?

- **Diabetes Mellitus**- blood sugar is really high
 - **Body**- does not use or release insulin adequately
 - **Blood Sugar**- rise after a meal and return to normal after 2 hours
 - **Normal**- 70 to 110 mg./dl, < 120 to 140 after eating or drinking
- **Facts**- Blood Sugars rise after age 50 if no exercise
 - **Exercise**- Blood Sugars fall



What Happens?

- **High Blood Sugar Levels**- 160 to 180 mg./dl with Increased Thirst, Urination, and Hunger, Blurred Vision, Nausea, Drowsiness, Less Energy
- **Diabetes Ketoacidosis**- Weight Loss, Stomach Pain, Breathe smells like finger nail polish remover/Acetone; can progress into a Coma in a few hours if not treated
- **Over Time**- Damage Nerves, Blood Vessels, Eyes, Atherosclerosis, Poor Circulation that can harm the Kidneys, Eyes, Legs, Brain, Heart, Skin, Nerves and Healing is much slower

What can I do?

- **See your Health Care Provider**-Learn about your disease, how to Control your Blood Sugar, what you need to Eat, Exercise and much more
- **See Registered Dietitian**- for help with your diet

