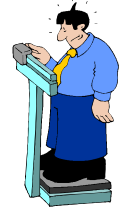




How to Prevent Diabetes



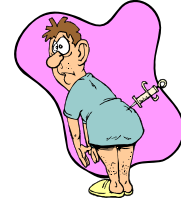
What causes Diabetes?

***Diabetes**- when the body does not produce enough insulin to maintain a normal blood sugar level, when cells do not respond to insulin appropriately, obesity



Signs and Symptoms:

***First Symptoms**- high blood sugar levels
-> **160 mg./dL**- glucose passes into the urine



-> **200 mg./dL**- kidneys secrete additional water to dilute the large amounts of glucose lost

***Polyuria**- increase urination/going to the bathroom frequently

***Polydipsia**- increased thirst

***Polyphagia**- increased hunger

***Other Symptoms**- nausea, tired, drowsiness, blurred vision, more susceptible to infection, damage of blood vessels, nerves, internal organs, circulation, atherosclerosis, poor healing of wounds, amputations, kidney damage, impaired white blood cell function, heart attack, stroke



Facts:

***Risk Factors for Type II Diabetes**- Obesity, 80 to 90% are obese

-**Type II Diabetes**- also runs in families

***Higher Risk**- Afro-Americans, Hispanic



***Less Common Causes**- pregnancy/gestational diabetes, drugs, poisons that interfere with the effects or production of insulin, high levels of corticosteroids

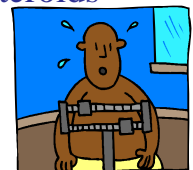


What can I do?

***See your Physician**- get your blood sugar checked

***See RD**- for help as needed

***See FFF RD**- on line for help



***Goals**- Eat Healthy, maintain a good weight, exercise daily, try to choose better foods as less meats and when choosing meat eat more fish and chicken without the skin broiled, boiled, baked, roasted, stewed, grilled or stir-fried; eat more whole grain breads and cereals, fresh fruits and vegetables, less fats choosing mostly monounsaturated fats



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