

You Can Control the ups and downs of blood glucose

We all have our ups and downs with balancing life. Our moods, bodies and feelings are changing all the time! Help stabilize your overall health by learning to control the ups and downs of your blood glucose (BG): prevent diabetes from bringing you down, and if you have already been diagnosed with diabetes, keep up with the latest ways to help control it.

Type 1

The body fails to produce insulin. Typically appears during childhood.

Type 2

The body does not produce enough insulin or does not use insulin properly. Can develop at any age (may be preventable).

Gestational

Results from changes a woman's body undergoes while pregnant. Blood glucose normalizes after birth, increases risk of type 2.

Prediabetes

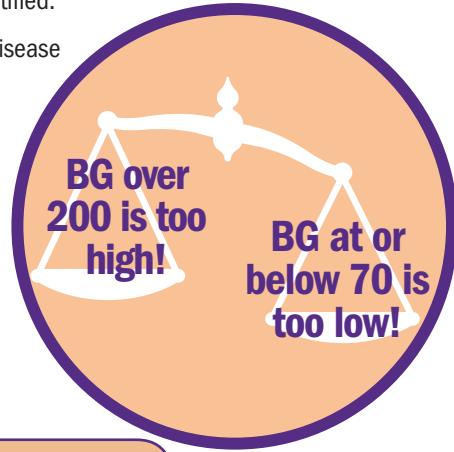
Blood glucose higher than normal but not high enough to be type 2. Increases risk of Type 2, heart disease and stroke. 1 in 3 adults have it.

Today, diabetes affects almost 30 million Americans, 86 million adults have prediabetes, and **9 out of 10 people** with prediabetes do not know they have it. The cause of diabetes is unknown but **risk factors** for type 2 diabetes have been identified:

- | | | |
|--|--|---|
| <input type="checkbox"/> Age 45 or older | <input type="checkbox"/> Overweight or obesity | <input type="checkbox"/> Cardiovascular disease |
| <input type="checkbox"/> Family history | <input type="checkbox"/> Sedentary lifestyle | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Race/ethnicity | <input type="checkbox"/> History of gestational diabetes | |

Know the **symptoms** of diabetes and discuss with your doctor if you are experiencing any of the following:

- | | | |
|---|--|---|
| <input type="checkbox"/> Frequent urination | <input type="checkbox"/> Unexplained weight loss | <input type="checkbox"/> Slow healing of sores or frequent infections |
| <input type="checkbox"/> Excessive thirst | <input type="checkbox"/> Increased fatigue | <input type="checkbox"/> Tingling in hands and/or feet |
| <input type="checkbox"/> Extreme hunger | <input type="checkbox"/> Blurred vision | |



Blood Test Levels for Diagnosis of Diabetes and Prediabetes

	A1C (percent)*	Fasting Plasma Glucose (mg/dL)
Diabetes	6.5 or above	126 or above
Prediabetes	5.7 to 6.4	100 to 125
Normal	About 5	99 or below

* The A1C test result is an estimate of a person's average blood glucose over the past 2 to 3 months it may be used to diagnose diabetes

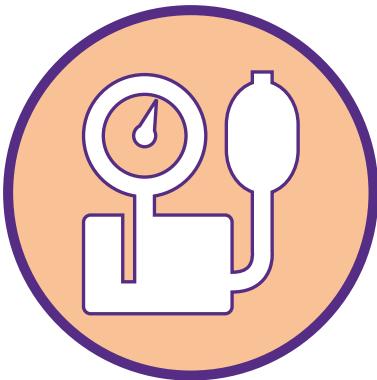
Source: Adapted from American Diabetes Association. Standards of medical care in diabetes—2017. Diabetes Care. 2017;40(Supp 1):S1-S142.



Our specialty is you.

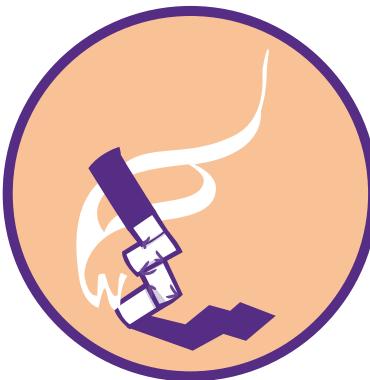
stlukes-stl.com

What can you do to prevent or delay type 2 diabetes and its complications?



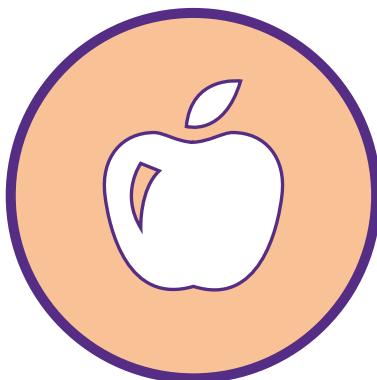
Get a Wellness Check Annually

Schedule with your primary care physician. Looking for a physician? Call Physician Referral **314-205-6060**



Maintain a Healthy Weight

If you are overweight, 10% weight loss can improve your glucose levels. Need support? For group or individual weight management call Nutrition Wellness & Diabetes Center **314-205-6483**



Quit Smoking

Being tobacco free can lower your blood glucose levels, reduce risk of heart and kidney disease. Interested in a tobacco cessation consultation? Call **314-542-8888** or visit smokefree.gov or lung.org



Eat Healthy

Your meal plan should include good carbohydrates, fiber-rich foods, heart-healthy fats, adequate protein, and consistent meal times. Want to eat better? Call Nutrition Wellness & Diabetes Center at **314-205-6483** or visit diabetes.org/food-and-fitness

Be More Active

Before starting an exercise program, check with your physician. Aim for 150 minutes or more of aerobic exercise a week. Need support? Call Therapy Services about the Diabetes Exercise Program at **314-205-6881**

For questions call St. Luke's Hospital Community Diabetes Navigator at **314-542-4758**, or visit stlukes-stl.com to register for free classes and to learn more about additional programs and services.

Source: National Diabetes Education Program (www.cdc.gov/diabetes/ndep/index.html)