

Diabetes and you: Making powerful lifestyle changes that will lead to better health.




Improving the Health of Durham & NC Communities since 1989

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Diabetes is a chronic condition that makes it hard for the body to manage sugar (also called glucose) in the blood.


Did you know?

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- More than 37 million people in the United States have diabetes.
 - Potential complications from diabetes include heart disease, kidney disease, eye disease and amputations.
 - The choices you make in your lifestyle can have a large impact on whether your diabetes is controlled.
 - There are new diabetes medications that can help protect the heart and the kidney and can help with weight loss.

Risk factors for diabetes:

- Prediabetes (Hemoglobin A1c 5.7%-6.3%)
- Older than 45 years
- Overweight/obese
- Family history of type 2 diabetes
- African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islanders and Asian American people are also at higher risk.
- History of diabetes during pregnancy or given birth to a baby that weights over 9 pounds.
- Physical inactivity

Warning signs or symptoms of diabetes:

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- Frequent urination
 - Unusual weight loss
 - Blurred vision
 - Excessive thirst and hunger
 - Increased fatigue
 - Slow healing skin infections
 - Tingling or numbness in the hands or feet



- ❓ Consider seeing a diabetes educator and a nutritionist. Both can empower you to learn more about what you can do to manage your diabetes.
- ❓ Focus less on following a “diet” and focus more on making lifestyle choices that last a lifetime.
 - o Consume less carbohydrates (starches), sugar sweetened beverages and sweets/candy.
- ❓ Become more physically active.
- ❓ Take prescribed medications.
- ❓ Ask your health care provider about new medications or diabetes technology that can help you get better control of your blood sugars.

Bryan C Batch, MD, a Duke endocrinologist states, “Prepare for your visit with your provider so that you can get the most out of the appointment. Consider asking the following questions.”



1. What is my Hemoglobin A1c (HbA1c) and blood pressure goal?
2. Am I at goal now? What can I do at home to get to my goal HbA1c and blood pressure? Or stay at goal?
3. Are there medications I can take that can help lower my blood sugar and offer kidney and heart protection?
4. Could current diabetes technology help me get to my goal? Specifically, would a continuous glucose sensor (CGM) or insulin pump be a good option for me?



Remember to Visit, Call or Email Community Health Coalition:
www.communityhealthcoalition.com, call (919)470-8680, and/or email
contact@communityhealthcoalition.com.