



OPENING PATHWAYS

THIRD EDITION.

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EDITORIAL COMMITTEE

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Where can I find more information about or help for Diabetes?

• **AMERICAN DIABETES ASSOCIATION:**
 1-800-DIABETES

• **JUVENILE DIABETES FOUNDATION INTERNATIONAL**
 1-800-533-2873

• **NATIONAL DIABETES INFORMATION CLEARINGHOUSE (NDIC)**
 1-800-860-8747

• **HISPANIC HEALTH INITIATIVES**
 407-339-2001
www.hhi2001.org

D I A B E T E S

Diabetes is the result of high levels of sugar or glucose in your blood. Your body needs glucose to obtain energy and to function properly. Nevertheless, too much sugar in your blood may seriously harm your eyes, kidneys, nerves and heart. It is important to be aware of the fact that diabetes is preventable and controllable.

TYPES OF DIABETES:

1. **Pre-Diabetes:** Is an indication of abnormally high sugar levels but not high enough to be considered Diabetic
2. **Gestational Diabetes:** Is high blood sugar that happens during pregnancy
3. **Type 1 Diabetes:** Usually affects Young children, teenagers and Young adults, the body does not produce insulin.
4. **Type 2 Diabetes:** Usually present in adults, the body does not produce enough insulin.

RISK FACTORS:

- Being over 45 years of age.
- Being a member of a certain race or ethnic group.
- Being overweight (especially around the waist).
- Lack of participation in physical activities.
- Having high-blood pressure.
- Having a family history of Diabetes.
- Having a history of gestational Diabetes.

Symptoms	
Extreme Thirst	Blurry Vision
Dry Skin	Fatigue
Frequent Urination	Hunger
Numbness and Tingling of the feet	

Diabetes Problems
◆ EYES: Principal Cause of Blindness.
◆ KIDNEYS: Kidney Disease.
◆ NERVES: May Have Carpal Tunnel and Nerve Damage.
◆ BRAIN: Prone to Dementia.
◆ HEART AND BRAIN: Risk of Heart Attack
◆ FEET: Causes 60% of Amputations.

How to Control Diabetes?

- ☺ Follow a healthy meal Plan.
- ☺ Eat the right portions of healthy foods.
- ☺ Eat foods low in fat and salt.
- ☺ Exercise from 30 to 60 minutes daily.
- ☺ Maintain a healthy weight.
- ☺ Do not smoke.

- ☺ Take your medications exactly as prescribed.
- ☺ Check your feet daily.
- ☺ Brush and floss your teeth every day.
- ☺ Check your blood sugar following medical instructions.

Taken from : American Diabetes Association. ADA

Levels

GLUCOSE

Normal Fasting.	<100 mg/dL
Normal After a meal.	<140 or Less mg/dL
High	>140 mg/dL

MULTIPLE LEVELS

A-1-C	Under 7%
Blood Pressure	Under 130/80 mm Hg
CHOLESTEROL	
Total	Under 200 mg/dL
HDL (Good)	Over 40 for Men
	Over 50 for Women
LDL (Bad)	Under 100 mg/dL
Triglycerides	Under 150

Nutrition and Exercise

Nutrition is very important both to prevent and control Diabetes; choose the following foods to maintain a healthy lifestyle:

- ♥ Fruit or vegetable juices.
- ♥ Vegetable soups, low fat consommé.
- ♥ Meats, poultry or fish, grilled, broiled or steamed.
- ♥ 100% Whole wheat bread and grains.
- ♥ Fresh fruit and water.

It is very important to be physically active, since this is the best thing you can do for your body, especially if you are a diabetic. Some of the benefits are:

- ♥ Helps to keep you healthy by burning calories.
- ♥ Increases your capacity to produce insulin.
- ♥ Reduces the necessity of taking drugs by lowering your glucose levels.
- ♥ Reduces your cholesterol levels and blood pressure.
- ♥ Increases your circulation.
- ♥ Reduces the risks of heart attack and hemorrhages.

November is the American Diabetes Month

The National Diabetes Education Program (NDEP) has determined that Diabetes is the 7th leading cause of death in the United States, Diabetes Type 2 being the most diagnosed. In the United States, 7% of the population has diabetes; meaning 20.8 million of persons. 14.6 million have been diagnosed, and the remaining 6.2 million don't know they have Diabetes. Hispanics are 1.5 times more prone to developing diabetes than non-Hispanics. Puerto Ricans, Mexicans and Cubans are the ethnic groups at the highest risk. Taken from the National Council of la Raza.

The Board of county Commissioners of Seminole County through resolution No. 2008-R-231 dated October 28th of 2008 and also accepted by Hispanic Health Initiatives, Inc., proclaimed November 8, 2008, as "Diabetes Awareness Day in Seminole County".