

# THRESHOLDS

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## DIABETES RESOURCES

### What is Diabetes?

Diabetes means that your blood sugar is too high. When you eat, your food is broken down into a sugar called glucose that gives your body energy. The body needs insulin to use glucose. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin well. This causes sugar to build up in the blood. This high amount of blood sugar can harm your heart, blood vessels, eyes, kidneys, and nerves. Being physically active, making healthy food choices and losing weight can lower your chances of developing diabetes.

### Diabetes and Healthy Eating

If you are trying to prevent or manage diabetes, it is important to make healthy food choices and track your eating habits to help you control your blood glucose level and keep it within a safe range. Healthy food choices include fresh vegetables, fruits, whole grains, beans, lean meats, and low/no-fat dairy products. A healthy diet involves eating a variety of nutritious foods in moderate amounts and sticking to regular mealtimes. For most people with type 2 diabetes, weight loss also can make it easier to control blood glucose. More information on a diabetes diet, go to: <http://www.mayoclinic.com/health/diabetes-diet/DA00027>.

### Diabetes and Physical Activity

Being physically active is very important in preventing and managing diabetes. People who are overweight and inactive are more likely to develop diabetes. Exercise can help improve your blood sugar control, lower blood pressure and 'bad' LDL cholesterol, and reduce your risk of heart disease and nerve damage. Before you start an exercise program, talk to your doctor to see if it's OK to exercise — especially if you've been inactive. In some cases, when your blood sugar is very high, you should not exercise. To avoid problems, check your blood sugar before, during and after exercise. Ask your doctor about if and when you should not be exercising. For more information about diet and exercise, go to: <http://www.mayoclinic.com/health/diabetes-and-exercise/DA00105>.

### Diabetes Websites

National Diabetes Information Clearinghouse (NDIC): <http://diabetes.niddk.nih.gov/>

Diabetic Recipes: <http://www.diabeticlifestyle.com/>

Diabetic Living: <http://www.diabeticlivingonline.com/>

The Mayo Clinic : <http://www.mayoclinic.com/health/diabetes/DS01121>

dLife: <http://www.dlife.com/homepage>