

Don't sugarcoat the truth

KANIKSU
COMMUNITY HEALTH

Diabetes & Prediabetes

More than 88 million American adults—that's 1 in 3—have pre-diabetes. Left untreated, prediabetes can lead to type 2 diabetes. Some risk factors for type 2 diabetes can't be changed, such as age and family history, but some can, such as having prediabetes, being overweight, eating unhealthy food, being inactive, and smoking.

WHAT IS PREDIABETES?

Prediabetes is a serious health condition in which blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke. An estimated 96 million US adults—more than 1 in 3—have prediabetes, and more than 8 in 10 of them don't know they have it. Want to know if you might have pre diabetes? You can take a simple one minute test at https://www.cdc.gov/prediabetes/risktest/index.html.

WHAT CAUSES PREDIABETES?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

SIGNS & SYMPTOMS

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby weighing more than 9 pounds
- Having polycystic ovary syndrome

PREVENTING TYPE 2 DIABETES

1. **Cut sugar and refined carbohydrates from your diet.** Examples of refined carbohydrates include white bread, potatoes and many breakfast cereals. Instead, limit sugar and choose complex carbohydrates such as vegetables, oatmeal and whole grains.
2. **Quit smoking**. Smoking can contribute to insulin resistance, which can lead to type 2 diabetes.
3. **Watch your portions**. Eating too much food at one time has been shown to cause higher blood sugar and insulin levels in people at risk of diabetes.
4. **Aim for 30**. Try to be intentionally active by taking a walk, dancing, lifting weights or swimming for 30 minutes, five days per week.
5. **Drink water.** Sticking with water most of the time helps you avoid beverages that are high in sugar, preservatives and other unneeded ingredients.
6. **Eat fiber.** Consuming a good fiber source at each meal can help prevent spikes in blood sugar and insulin levels, which may help reduce your risk of developing diabetes.

Have questions?

Call 208.263.7101
kchnorthidaho.org



WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is a condition that happens because of a problem in the way the body regulates and uses sugar as a fuel. That sugar also is called glucose. This long-term condition results in too much sugar circulating in the blood. Eventually, high blood sugar levels can lead to disorders of the circulatory, nervous and immune systems.
In type 2 diabetes, there are primarily two problems. The pancreas does not produce enough insulin — a hormone that regulates the movement of sugar into the cells. And cells respond poorly to insulin and take in less sugar.
There's no cure for type 2 diabetes. Losing weight, eating well and exercising can help manage the disease. If diet and exercise aren't enough to control blood sugar, diabetes medications or insulin therapy may be recommended.

SYMPTOMS OF TYPE 2 DIABETES

Symptoms of type 2 diabetes often develop slowly. In fact, you can be living with type 2 diabetes for years and not know it. When symptoms are present, they may include:

- Increased thirst
- Frequent urination
- Increased hunger
- Unintended weight loss
- Fatigue
- Blurred vision
- Slow-healing sores
- Frequent infections
- Numbness or tingling in the hands or feet
- Areas of darkened skin, usually in the armpits and neck

Always check with your primary care provider if you think you have developed one of the above symptoms.

FACTORS THAT MAY INCREASE THE RISK OF TYPE 2 DIABETES

- Being overweight or obese
- Storing fat mainly in the abdomen — rather than the hips and thighs
- The less active a person is, the greater the risk.
- If a parent or sibling has type 2 diabetes.
- Low levels of high-density lipoprotein (HDL) cholesterol — the "good" cholesterol — and high levels of triglycerides.
- Over 35 years of age.
- Having had gestational diabetes when pregnant.
- Having polycystic ovary syndrome

COMPLICATIONS

Type 2 diabetes affects many major organs, including the heart, blood vessels, nerves, eyes and kidneys. Managing diabetes and controlling blood sugar can lower the risk for these complications and other medical conditions, including:

- Heart and blood vessel disease
- Nerve damage in limbs (neuropathy)
- Other nerve damage (heart & digestive system)
- Kidney disease
- Eye damage
- Skin conditions including bacterial and fungal infections
- Slow healing
- Hearing impairment
- Sleep apnea
- Dementia

MANAGING YOUR DIABETES

Unlike many health conditions, diabetes is managed mostly by you, with support from your health care team. You may be able to manage your diabetes with healthy eating and being active, or your doctor may prescribe insulin, other injectable medications, or oral diabetes medicines to help manage your blood sugar and avoid complications.
You'll need to check your blood sugar regularly, manage stress levels, and get regular physical activity. And most importantly, make regular appointments with your health care team to be sure you're on track with your treatment plan and to get help with new ideas and strategies if needed.

Bonners Ferry
6615 Comanche Street
Bonners Ferry, ID 83805
(208) 267-1718

Priest River
6509 Hwy. 2
Priest River, ID 83856
(208) 448-2321

Sandpoint
810 6th Ave.
Sandpoint, ID 83864
(208) 263-7101

Sandpoint Behavioral Health
1033 Baldy Mountain Road.
Sandpoint, ID 83864
(208) 920-5151