

# Additional Resources

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)  
808-947-5979

American Heart Association  
[www.heart.org](http://www.heart.org)

Hawaii Association of Diabetes Educators  
[www.hawaiiade.org](http://www.hawaiiade.org)

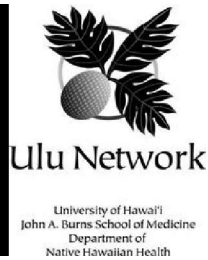
Hawaii Diabetes Control Program  
[www.cdc.gov/diabetes/states/hi.htm](http://www.cdc.gov/diabetes/states/hi.htm)  
808-538-3900

National Institute of Diabetes and Digestive  
and Kidney Diseases (NIDDK)  
[www.niddk.nih.gov](http://www.niddk.nih.gov)

The National Kidney Foundation  
[www.kidney.org](http://www.kidney.org)

The Center for Disease Prevention and Control  
(CDC) - Diabetes  
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

# DIABETES



## General Information

- Diabetes is when the body has too much sugar in the blood
- Diabetes is serious and is a lifetime disease
- Diabetes can kill, when not managed and treated properly.
- More and more people have diabetes
- There is no cure for diabetes **BUT**

With a **careful balance and timing** of food, activity and medication, you can **control diabetes** and you can **be healthy**.



## Eating for Good Health

- Healthy food is important
- Healthy weight is important
- The body needs the right amount of food
- Eat 3 meals a day, no meals should be skipped or delayed.  
Mid-morning and mid-afternoon snacks may be needed to prevent low blood sugar.
- Eat a variety of foods
- Avoid fried or “fast” foods—eat less of them
- Fresh food with fiber is good

## What does diabetes do to your body?

You could lose:

Your sight  
Your feet  
Your sexual ability

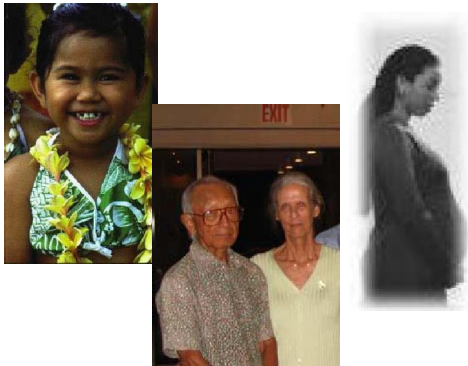
Too much sugar in the blood can hurt:

Your sight  
Your brain  
Your kidneys  
Your blood vessels

## Kinds of Diabetes

There are four kinds of diabetes:

- 1) Pre-diabetes
- 2) Type 1
  - Usually strikes younger people
  - Must use insulin
- 3) Type 2
  - Most common kind
  - Usually strikes people over 30
  - May use insulin or pills
- 4) Gestational
  - Happens during pregnancy
  - Mother needs extra care to have a healthy baby



## Physical Activity is Important

Includes anything that gets you moving

Do something you like to do

Being active helps you physically and mentally

Try to do it everyday



# Family and Friends

They can help you:

- Exercise more
- Choose healthy foods
- Feel happy
- Test blood sugar
- Get to the doctor
- Get supplies or medicine



# Blood Sugar

Normal blood sugar keep you healthy

Too low (below 70): you feel shaky and sweaty

Too high (over 200): you feel tired and sleepy

GOAL

80-110 before you eat

Under 160 after you eat (2 hours after)

If you're sick....

Test your sugar

Stay safe

Drink plenty of water

Test your sugar

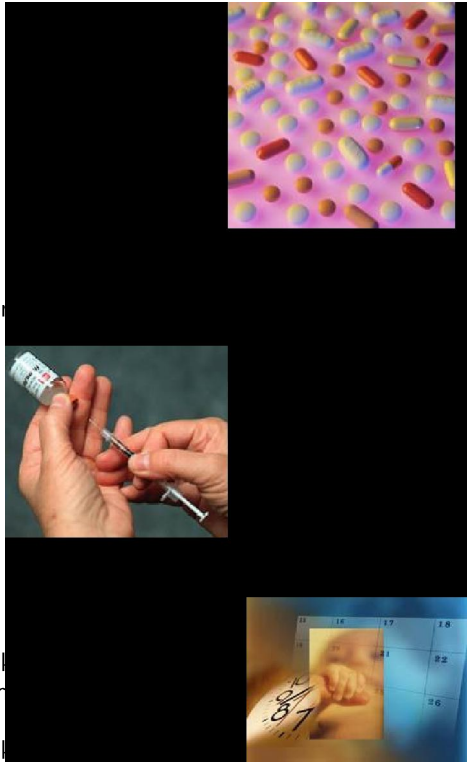
When the doctors says

When you feel "odd"



# Diabetes Medicine

Some people take pills; there are many kinds



# About You!

YOU are the boss

YOU can help yourself

- Don't smoke
- Watch blood sugar
- Watch blood pressure
- Have regular checkups
  - Eyes
  - Feet
  - Have a flu shot
  - Cholesterol

