



DIABETES AND YOU



URBAN HEALTH PLAN INC.

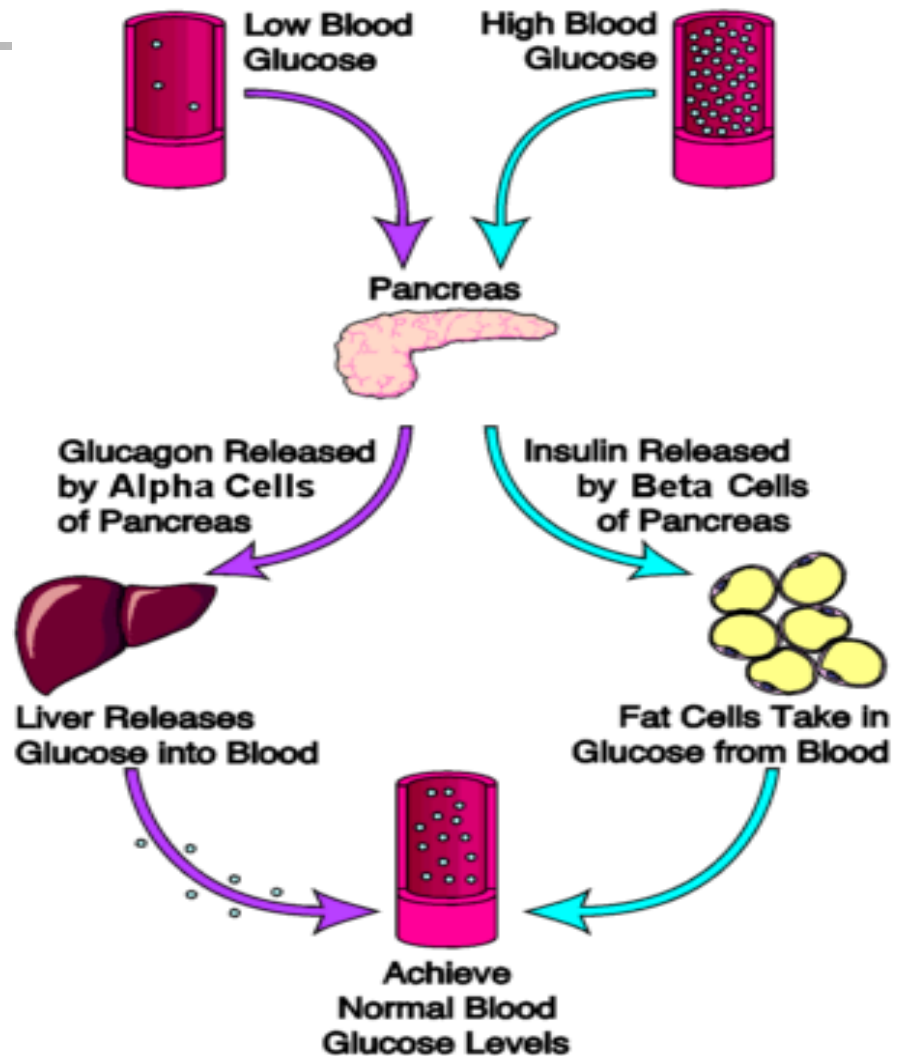
Development Department

1515 Southern Blvd.

Bronx, New York 10460

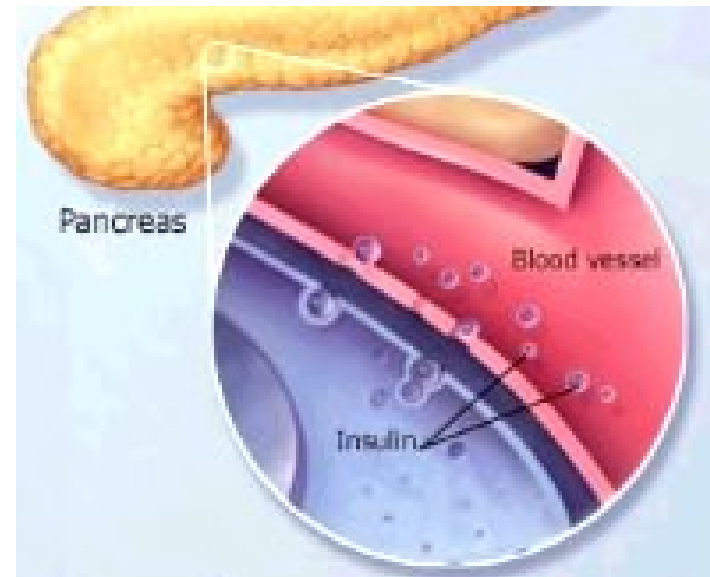
WHAT IS DIABETES?

Diabetes occurs when your body makes too little insulin or your insulin doesn't work, allowing sugar levels to build up in your blood stream. There are many factors that cause diabetes.



WHAT IS INSULIN?

- **Insulin** is a chemical made in your tummy by an organ called the **pancreas** (pronounced: pan-cree-ass).
- Insulin tells cells like your muscles and fat tissues to suck up **glucose** (sugar) from the blood. This is important because high levels of sugar become **poisonous**. When the pancreas senses high blood sugar, it squirts out insulin to lower it and protect your body.



DIABETES SYMPTOMS

Diabetes often goes undiagnosed. Symptoms of diabetes are:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision



**These symptoms can also be a number of other diseases.
Please consult your physician for proper
testing and diagnosis.**

TYPES OF DIABETES

Type 1 Diabetes

- Results from the body not being able to produce insulin.

Type 2 Diabetes

- Results from the body not being able to use insulin properly.

Gestational Diabetes

- Occurs in pregnant women who have high blood sugar (glucose) levels during pregnancy.

Pre-Diabetes

- Occurs when blood sugar levels are higher than normal but not high enough to be diagnosed as Type 2.



SHOULD PEOPLE WITH DIABETES EAT SPECIAL FOOD?

A healthy meal plan for people with Diabetes is the same as for everyone else. Choose foods that are low in fat, low in salt and low in sugar.



CAN PEOPLE WITH DIABETES EAT SWEETS?



If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes in moderation.

YOUR BODY'S WELL BEING

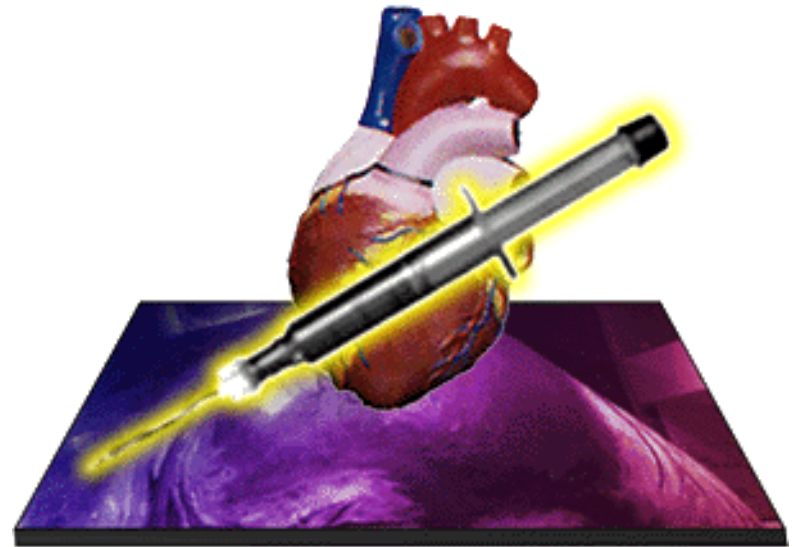
Make it a priority to take good care of your body.



The time you spend now on eye care, foot care and skin care, as well as your heart and oral health, could delay or prevent the onset of dangerous diabetes complications later in life.

DIABETES, HEART AND STROKE

- People with diabetes have more reasons to be mindful of heart and blood vessel disease.
- People with Diabetes carry an increased risk for heart attack, stroke, and complications related to poor circulation.



DIABETES AND SKINCARE

- As many as one-third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first signs that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.



DIABETES AND FOOT CARE

People with diabetes can develop many different foot problems. Foot problems most often happen when there is nerve damage in the feet or when blood flow is poor. Learn how to protect your feet by following some basic guidelines:

Check your feet
Everyday.



Wear socks and shoes
at all times



Gently rub
Calluses with a
Pumice stone.



Protect your feet from the hot
and cold weather.

Trim your toenails
straight across
and smooth
with a nail file



Ask your doctor to
check the sense of
feeling in your feet.

Put lotion on the
tops and bottoms
of your feet.



DIABETES AND EYE CARE

- Diabetes can cause eye problems and may lead to blindness.
- People with diabetes have a higher risk of blindness than people without diabetes.
- Early detection and treatment of eye problems can save your sight.



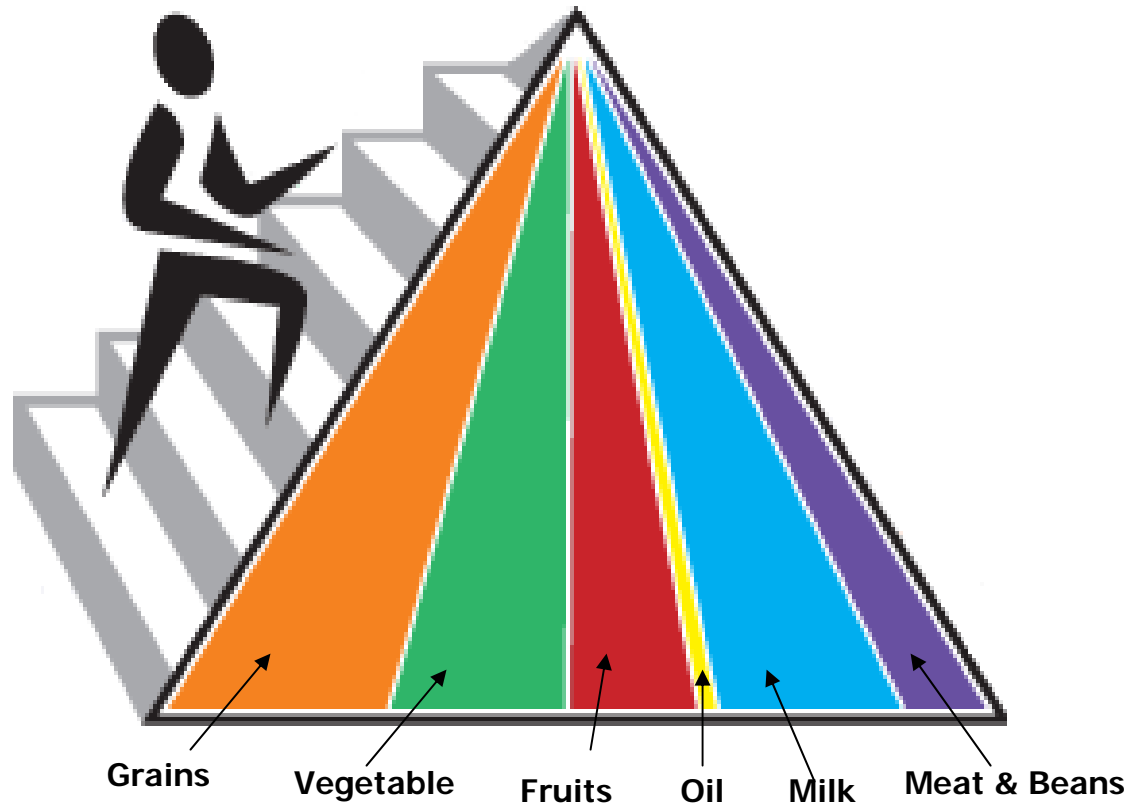
WHO IS AT RISK FOR DIABETES?

- People with family history of Diabetes
- People who are obese
- People who are over 45 years old
- People who have a combination of high blood pressure, and high cholesterol



REDUCE THE RISK OF GETTING DIABETES

- Keep your weight in control (or lose weight if you are overweight)
- Stay active most days of the week
- Eat low fat meals high in fruits, vegetables as well as whole grain foods





THE BASICS OF EATING HEALTHY

People with Diabetes have the same nutritional needs as anyone else. Use these tips:

- Make healthy food choices
- Read food labels
- Always ask your doctor about nutrition and exercise

| Nutrition Facts | |
|-------------------------------|-----------------------------|
| Serving Size 5 oz | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 440mg | 19% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 4% |
| Sugars 3g | |
| Protein 3g | |
| Vitamin A 80% | • Vitamin C 60% |
| Calcium 4% | • Iron 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs:

More nutrients may be listed on some labels.

TIPS FOR MANAGING DIABETES

- Go for daily walks up to 30 minutes, 5 times a week
- Eat more fruits, vegetables, dried beans and whole grain
- Pick an activity that you enjoy that will keep you moving
- Read food labels
- Eat smaller portions
- Choose healthy snacks
- Cook ahead





CONTACT INFORMATION

Magaly Valentin

Health Promotion and Outreach Worker

Urban Health Plan

Development Department

1515 Southern Blvd

Bronx, NY 1060

718-589-1687 x2825

917-558-4340

Magaly.valentin@urbanhealthplan.org