

Living with Diabetes

What is Diabetes?

Diabetes is a lifelong condition. It affects how your blood sugar level is controlled in your body. If your blood sugar stays too high it can affect your health. Eat healthy foods, exercise and take your medications to help your blood sugar level stay healthy. Walking, swimming, strength training and riding a bike are examples of exercise.

How Do I Know I Have Diabetes?

Blood Test	Without Diabetes	With Prediabetes (increased risk)	With Diabetes
Fasting Blood Sugar	Below 100mg/dl	100-125mg/dl	126mg/dl or above
Random Blood Sugar	Below 140mg/dl	140-199mg/dl	200mg/dl or above
A1c	Below 5.7 percent	5.7 to 6.4 percent	6.5 percent or above

Type 1

Who?	Why?	Treatment	Precautions
<ul style="list-style-type: none"> • Children or young people, but it can occur at any age. • Family history of diabetes. • Family history of autoimmune diseases like lupus, celiac disease or rheumatoid arthritis. 	<ul style="list-style-type: none"> • The pancreas, which makes insulin, stops making any insulin. Insulin helps to control the blood sugar levels. 	<ul style="list-style-type: none"> • Healthy eating • Exercise • Medication: insulin 	<ul style="list-style-type: none"> • Your body needs insulin all the time. You must take insulin every day. • Anyone taking insulin has a chance of getting low blood sugar (hypoglycemia). • If you are thinking of becoming pregnant, you should have a diabetes checkup. High blood sugars may hurt the baby.

Types of Diabetes

Type 2

Who?	Why?	Treatment	Precautions
<ul style="list-style-type: none"> Adults, but it can occur in children who weigh too much and/or those who have a family history of diabetes. 	<ul style="list-style-type: none"> Some organs in the body do not work right. Your pancreas may not make enough insulin. Your body may not use your insulin correctly (insulin resistance). Your liver, which is like a “gas tank of sugar,” leaks sugar. 	<ul style="list-style-type: none"> Healthy eating Exercise Medication Pills Insulin Other injectable diabetes medications 	<ul style="list-style-type: none"> Talk with your doctor before you stop taking any medication. Some medications may cause your blood sugar to go too low. If you are thinking of becoming pregnant, you should have a diabetes checkup.

Pre-Diabetes

Who?	Why?	Treatment	Precautions
<ul style="list-style-type: none"> Inactive adults Overweight adults Family history of diabetes. 	<ul style="list-style-type: none"> The insulin in your body does not work the right way (insulin resistance). Your blood sugar starts to go higher than normal, but not high enough to be called diabetes. 	<ul style="list-style-type: none"> Healthy eating Exercise Medication 	<ul style="list-style-type: none"> Prediabetes can turn into diabetes. If you are thinking of becoming pregnant, you should have a diabetes checkup. High blood sugar may hurt the baby.

Gestational Diabetes

Who?	Why?	Treatment	Precautions
<ul style="list-style-type: none"> Women who have high blood sugar in the last few months of pregnancy and have a family history of type 2 diabetes 	<ul style="list-style-type: none"> Pregnancy hormones increase insulin resistance and block your own insulin from working well. 	<ul style="list-style-type: none"> Healthy eating Exercise Medication: insulin 	<ul style="list-style-type: none"> Go to all of your doctor visits during and after pregnancy. Six weeks after you have your baby, ask your doctor to check your blood sugar (two-hour glucose tolerance test). You have a high chance of getting type 2 diabetes in the future, so make sure to have a yearly blood sugar check. Before you become pregnant again, see your doctor to have your blood sugar checked. High blood sugar may hurt the baby.