

What is Diabetes?

Diabetes is a disease that impacts processing of glucose from food into energy for the body using insulin. It may begin at any age. There are 1.25 million Americans with Type I diabetes meaning their bodies do not produce any insulin. These people require insulin therapy. The majority of people with diabetes (about 28 million) have Type II diabetes. In Type II diabetes, the body produces some insulin but metabolism of glucose to energy is impaired. People with Type II diabetes are managed with diet and activity alone or with the addition of oral or injectable therapy.

The Risk of Diabetes

Diabetes is the 7th leading cause of death in the United States. Rates of heart disease, high blood pressure, and kidney disease are high for people with diabetes. The cost of direct medical expense is staggering.

- Death from the cardiovascular system was 1.7 times more for diabetics from 2003-2006
- Heart attack rates were 1.8 times higher if diagnosed with diabetes in 2010
- Stroke was 1.5 times higher for adults with diabetes in 2010
- Diabetes was the primary cause of 44% of kidney failure in 2011
- In 2012 \$176 billion was spent on direct medical costs for people diagnosed with diabetes

The Importance of Managing Blood Sugar (Glucose)

You may wonder why you need to worry about monitoring and managing your blood sugar if you feel fine. Many people with Type II diabetes feel fine for years and may not even receive diagnosis for a long period of time. Unfortunately, as the blood sugar rises gradually there is damage throughout your body. Out of control blood sugar levels lead to serious short term problems that range from minor to major. Hypoglycemia (low blood sugar), hyperglycemia (high blood sugar) and diabetic ketoacidosis (life threatening extremely high blood sugar) result from high or low glucose levels in the blood.

Uncontrolled blood sugar will also damage the vessels that bring blood to your important organs – heart, kidneys, eyes, nerves and even the brain. This injury to blood vessels is likely to be happening well before you feel sick. Recognition of damage to the blood vessels of these organs may happen suddenly. Once you have a stroke or heart attack or your kidneys fail damage cannot be undone.

Hemoglobin A1c (HbA1c) is a measure of average blood sugar levels over a period of up to 3 months. Monitoring daily blood sugar levels and HbA1c as prescribed by your doctor is vital in making sure you are doing the best to live a long life with diabetes.

What can I do to manage my Blood Sugar?

- Monitor your blood sugar levels at home as prescribed by your doctor.
- See your doctor regularly as instructed.
- Take your diabetes medication and let someone know if you cannot afford or don't know how to use your medication.
- Eat a healthy diet. If overweight, losing even 5-7% of your weight will improve glucose management.
- Stay active. If you aren't active now, start slowly and work with your doctor and diabetes activity educators.

Resources for Support in Management of Diabetes

Prescription Assistance – OPUSHEALTH

OPUSHEALTH provides a free online prescription savings card for assistance with medication co-pay or cash purchase if you have no insurance. If you have insurance, please be sure to use your insurance card first!

http://www.healthyclass.com/discounts/opus-pharma-card?arrived_from=www.healthyclass.com



HENRY FORD
ALLEGIANCE HEALTH

Diabetes Education Center

The Education Center team will help you manage the symptoms of diabetes through education, diet and healthy lifestyle choices. The Center is supported by dietitians and nurses certified in Diabetic Education. Individual and group education is available

Contact: Monday-Friday 8am – 4:30pm

Phone 517-205-2100

2200 Springport Road, Suite 210

Jackson MI 49202

Step by Step

Jackson County Health Improvement Organization

Step by Step is a health and wellness resource for people living or working within Jackson County. Dietitians, health and wellness coaches and personal trainers are ready to work with people with diabetes to assist in healthy eating and physical activity. Individual and community activities are supported to provide support on each person's journey to better control of diabetes.



Contact: Online: <http://www.mystepbystep.org>

Facebook: Step by Step

Henry Ford Allegiance Prevention and Community Health: 517-205-7306



American
Diabetes
Association®

Online Support for Living with Diabetes

This website offers resources on living with diabetes providing information on diabetes basics and support in adopting a good diet and activity plan.

Contact: Monday-Friday 8:30am – 8:00 pm

1-800-342-2383

<http://www.diabetes.org>

Diabetes Education Classes

Henry Ford Allegiance offers diabetes education classes to help patients live healthy with diabetes. Classes incorporate guidelines from the American Diabetes Association and are led by registered nurses and registered dietitians who specialize in diabetes education. Topics include:

- What is diabetes?
- Type 1, Type 2, and Gestational diabetes
- Guidelines for blood sugar control
- Managing high and low blood sugars
- Physical activity
- Preventing diabetes complications
- Medication
- Healthy coping
- Carbohydrate awareness
- Reading food labels
- Mindful eating
- Managing stress



Daytime and evening classes are offered. A physician referral is required. Insurance may cover the fee. For more information on our diabetes programs, please call Nutrition and Diabetes Education at 517-205-2100.

Nutrition Counseling

If you want to improve your health or manage a medical condition through diet and lifestyle changes, Henry Ford Allegiance is here to help. We offer nutrition counseling across the life span in a convenient outpatient setting. Meet privately with a registered dietitian who will explore your current lifestyle and eating habits and help design a plan to meet your needs. We offer assistance in many areas, including:

- Healthy eating
- Weight management
- Diabetes
- Heart disease
- High cholesterol
- Kidney disease
- Mindful eating
- High blood pressure
- Digestive issues
- Cancer
- Food allergies/intolerances
- Nutrition during pregnancy



Sessions are held by appointment only. A physician referral is required in most cases. Insurance may cover the fee. To speak to a registered dietitian or to find out more information about our nutrition counseling services, please call Nutrition and Diabetes Education at 517-205-2100. We are located in the Henry Ford Allegiance Health Center at 2200 Springport Rd.