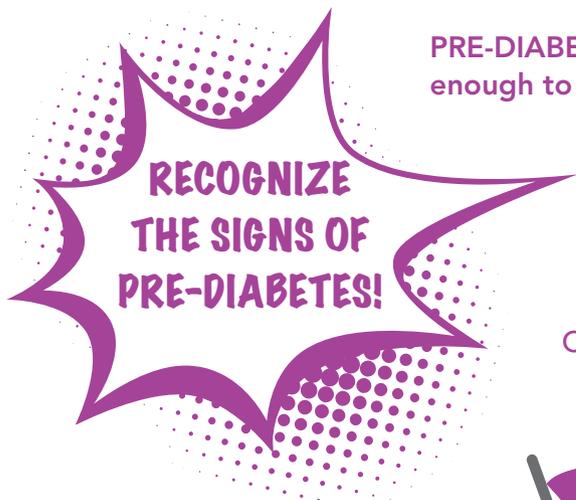


# FOUR WAYS TO KNOCK OUT DIABETES

Overcoming diabetes can be difficult. Did you know that diabetes is an endocrine-related disease? So having good hormone health puts you in a better position to manage and beat the disease, and recognizing early signs can lead to prevention. Together we can knock out diabetes by making healthy choices, attaining blood glucose goals, and incorporating exercise.

Visit [hormone.org](http://hormone.org) for more information on diabetes.

**PRE-DIABETES = blood glucose levels higher than normal, but not high enough to be diagnosed as diabetes**



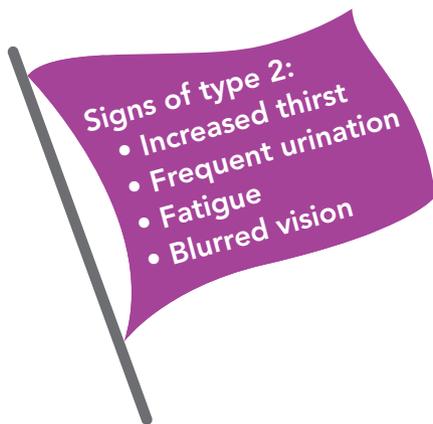
NORMAL	PRE-DIABETES	DIABETES
Blood glucose <100 mg/dL	100-125 mg/dL	≥126 mg/dL

One in three adults have pre-diabetes; 90% don't know they have it.



## Other risk factors:

- Overweight, body mass index over 25
- Inactive
- Age 45+
- Family history of type 2 diabetes
- African-American, Hispanic, American Indian, Asian-American or Pacific Islander



- Gestational diabetes or gave birth to a baby who weighed more than 9 lbs.
- Polycystic ovary syndrome
- High blood pressure
- Regularly sleep less than six or more than nine hours per night

## SERVING SIZE

Knowing the amount you should eat helps you correctly calculate nutritional value and effect on your blood glucose.

## CARBOHYDRATES

Carbohydrates raise your blood sugar levels. Watching your carbohydrate intake helps keep the levels in your target range.

## FIBER

Fiber improves blood sugar control, lowers cholesterol and helps you feel full so you don't overeat.

## Nutrition Facts

Serving Size 1 medium sweet potato, baked in skin, without salt 114g

Amount Per Serving	
<b>Calories 103</b>	
	% Daily Values*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Sodium</b> 41mg	<b>2%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



## SET GOALS!

### UNDERSTAND INSULIN AND BLOOD SUGAR

#### INSULIN: A hormone ... and a treatment!

A hormone made in the pancreas, insulin allows your body to use sugar (glucose) from carbohydrates in food you eat for energy or store it for future use. Insulin also helps keep your blood sugar level from getting **too high (hyperglycemia)** or **too low (hypoglycemia)**.

Blood sugar rises when you don't have enough insulin or your cells are unable to use the insulin already there.

#### Blood sugar goals (if you have diabetes):

- 70-130 mg/dL before meals
- Less than 180 mg/dL 1-2 hours after meals

#### Hypoglycemia may be caused by:

- Too much medication
- A missed meal
- A delayed meal
- Too little food eaten as compared to the amount of insulin taken

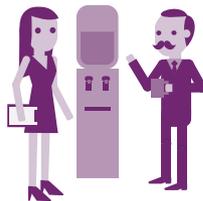
#### Hyperglycemia may be caused by:

- Not enough insulin (type 1)
- Enough insulin, but not effective (type 2)
- Too much food, too little exercise
- Illness such as cold or flu
- Stress (family, work)
- Dawn phenomenon (surge of hormones produced by body between 4-5 a.m.)

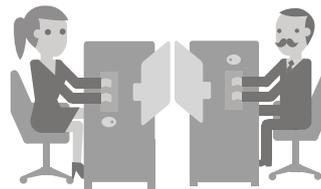
## STAY ACTIVE EACH DAY!



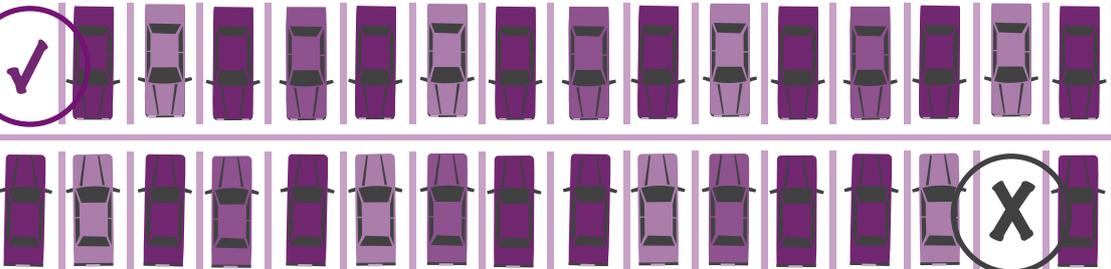
VS.



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PARKING



PARKING

→→→ TO THE OFFICE

You have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at [hormone.org](http://hormone.org).

Additional editing by Stephen Colgan Clement, MD, Inova Fairfax Hospital