



Diabetes

PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT

Preventing and Managing

DIABETES

Prince George's County Health Department
CHRONIC DISEASE PROGRAM
Health and Wellness Division



Rashern L. Baker, III
County Executive



**HEALTH
DEPARTMENT**
Prince George's County

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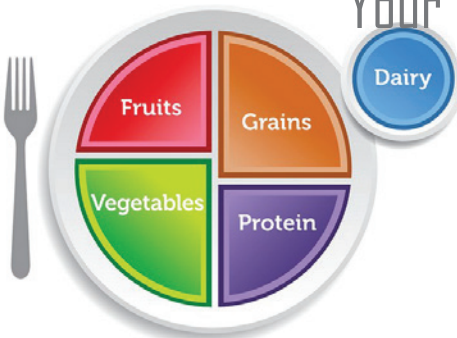
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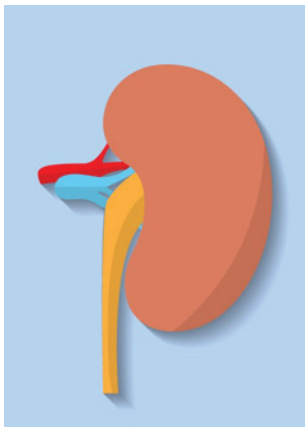
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Diabetes Prevention and Management

Learn what you can do to prevent or manage your diabetes.

What Is Diabetes?

Diabetes is a disease in which blood sugar levels are above normal. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help blood sugar get into the cells of our bodies.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause serious health problems, including heart disease, blindness, kidney failure, and foot/lower leg amputations. Diabetes is the seventh leading cause of death in the United States.

What are the Main Types?



Type 1 diabetes develops most often in young people, but can also develop in adults.



Type 2 diabetes can affect people at any age, even children. However, this type develops most often in middle-aged and older people.



Gestational diabetes is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes most often disappears after the baby is born.

What are the symptoms?



Some may have symptoms others may not. Symptoms include:

- Frequent urination
- Increased thirst
- Unexplained weight loss
- Extreme hunger
- Sudden eyesight changes
- Tingling or numbness
- in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More sick than usual

Nausea, vomiting, or stomach pains may also happen with type 1 diabetes.

When should I be tested for Diabetes?

People can develop diabetes at any age. **Anyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight.**



If you are younger than 45, but are overweight and have one or more additional risk factors (see following list), talk to your doctor about getting tested.

Children can also develop diabetes, especially with risk factors of being obese and having a family history of diabetes.

What are the risk factors for diabetes?



- Being overweight or obese.
- Having a parent, brother, or sister with diabetes.
- Being a member of an African American, Hispanic/Latino American, American Indian, or Asian American and Pacific Islander minority/ethnic group.
- Having a prior history of gestational diabetes or birth of at least one baby weighing more than 9 pounds.
- Having high blood pressure or sugar.
- Having abnormal blood cholesterol.
- Exercising fewer than three times a week or being inactive.

What should I do to prevent diabetes?



Know your numbers! Talk to your doctor and learn your target blood sugar levels to prevent diabetes. Your doctor can also recommend ways for you to lower your risk for diabetes.

Healthy eating, 30 minutes of exercise five times per week, and modest weight loss can improve or lower blood sugar levels which can prevent or delay diabetes.



Diabetes

Myth Busters!

There are many myths about diabetes that make it hard for people to believe some of the facts – such as diabetes is a serious and potentially deadly disease.

Get the facts about diabetes and learn how you can stop diabetes myths.

Diabetes is **NOT** that serious of a disease.

- **The Truth:** If you manage your diabetes properly, you can reduce diabetes complications. However, diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease and stroke.

If you are overweight or obese, you **WILL** eventually develop type 2 diabetes.

- **The Truth:** Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role.
- Unfortunately, many people think that weight is the only risk factor that raises the chances of a person developing diabetes. Many people with diabetes are within a normal weight range.

People with diabetes should eat **SPECIAL** diabetic foods.

- **The Truth:** A healthy meal plan for people with diabetes is generally the same as a healthy diet for a non-diabetic -low in fat, salt and sugar intake, with meals based on whole grain foods, vegetables and fruit.

Fruit is a healthy food, so I can eat **AS MUCH** as I like.

- **The Truth:** Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because **fruits contain carbohydrates**, you still need to keep track of how many servings of fruit you are eating per day.

People with diabetes **CAN'T** eat sweets or chocolate.

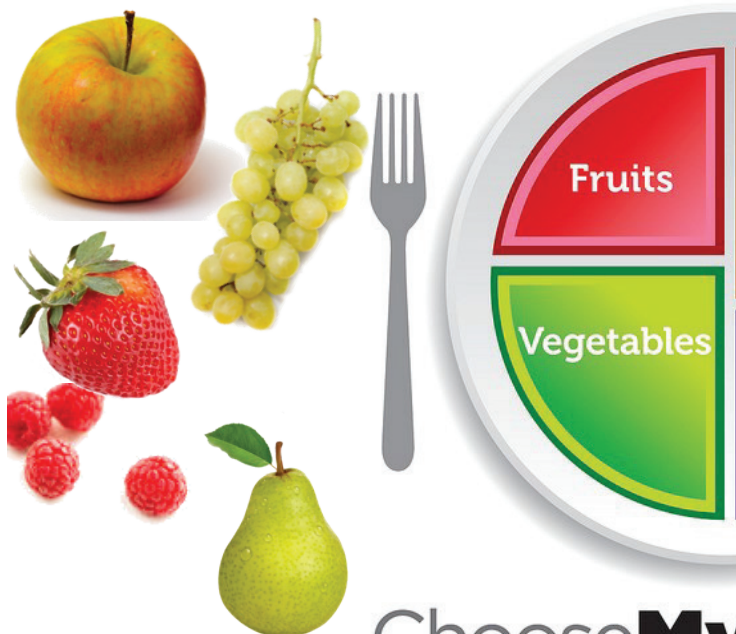
- **The Truth:** If eaten in small portions or saved for special occasions, sweets or chocolates can be eaten by people with diabetes.

- They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is eating a small portion, so you focus your meal on more healthful foods.

Creating Your Plate

Fruits

Choose whole or cut-up fruit over fruit juice.



Choose**My**

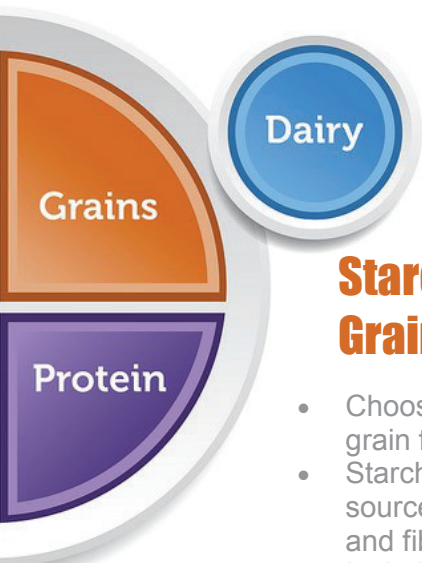
Non-Starchy Vegetables

- Buy fresh vegetables in season—keep frozen on hand as well.
- Plan meals around a vegetable main dish, like a vegetable stir-fry.
- Keep vegetables handy for quick snacks.



Dairy

- Choose fat-free or low-fat milk or yogurt
- Choose calcium-fortified foods if you can't eat dairy products



Starchy Vegetables Grains | Legumes

- Choose foods that list a whole grain first on the label.
- Starchy vegetables are great sources of vitamins, minerals and fiber.
- Include dried beans and peas and meals.

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Protein

- Remove visible fat and skin from the meat
- Use fish and poultry more often
- Try grilling, broiling, poaching, or roasting—these methods do not add extra fat.



Practice Creating Your Plate with th



Nutrition Facts

Serving S

Calories

200

Carbohydrate

16 g

Protein

21 g

Fat

6.0

Sugar

2 g

Dietary Fiber

2 g

Cholesterol

145 mg

Sodium

205

Instructions

1. Preheat an indoor or outdoor grill.
2. In a small bowl, whisk together the yogurt, mayonnaise, and chili.
3. Skewer 3 ounces of shrimp on each skewer.
4. In a small bowl, whisk together olive oil, garlic, lime juice, salt (optional), and pepper. Grill the shrimp for 3-4 minutes on each side until the shrimp are pink and just firm. Remove from the grill and brush with the reserved marinade.
5. Heat the corn tortillas briefly on the grill. Remove the shrimp from the grill and place on the tortillas with shredded lettuce, a heaping tablespoon of the reserved yogurt sauce, and cheese. Serve three tacos.

For More Recipes visit <http://www.diabetes.org/mfa-recipes/>

is Recipe!



Size: 1 taco

g

Saturated Fat

0.9 g

mg

Potassium

325 mg

Ingredients

This Recipe Serves 4

- ¼ cup nonfat plain Greek yogurt
- 2 tablespoons light mayonnaise
- ½ teaspoon chili powder
- 12 ounces peeled and deveined shrimp
- 4 long bamboo skewers, soaked in warm water
- 1 tablespoon olive oil
- 2 cloves garlic, minced or grated
- 1 lime, juiced
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- 4 (6-inch) corn tortillas
- 1 cup shredded lettuce
- ½ cup salsa verde

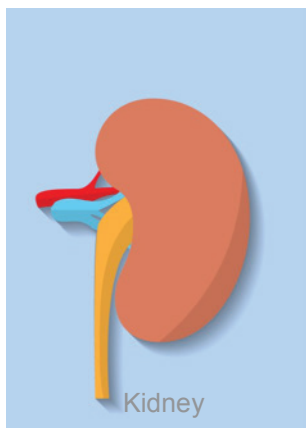
powder. Cover and keep in the refrigerator until needed.

(optional) and pepper. Brush the shrimp with the marinade and grill for 2 minutes. Continue to brush with the marinade while grilling, using all of the

on one skewer and place in a tortilla. Top the shrimp with ¼ cup sauce, and 2 tablespoons of salsa verde. Repeat for the remaining

Preventing Diabetes Complications

D diabetes can affect many parts of the body and can lead to serious health problems such as blindness, kidney damage and loss of lower limbs.



People living with diabetes can reduce these risks by working with their health care provider to control their blood glucose, and by receiving other preventive care services for eyes, feet, and kidneys in a timely manner.

Diabetes Management and Prevention Resources



Exercise and eating a healthy diet that includes a lot of fruits and vegetables can help. You can also take advantage of **free** classes offered by Prince George's County Health Department to help you make lifestyle changes necessary to reduce your diabetes risks.

On the Road Diabetes Classes



Learn to prevent or manage diabetes through diet and exercise with these free classes offered every month throughout Prince George's County.

Dine & Learn Program



Learn how to use more fruits and vegetables with free cooking classes! Classes are offered once a month.

**To sign up or learn more about the Dine & Learn Program and the On the Road Diabetes Classes, Call PGCHD: 301-883-3545
TTY/SYS Dial 711 for Maryland Relay**

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The information for this brochure was provided by the CDC and American Diabetes Association.