

Diabetes Prevention



Physical Activity

Aim to get 30 minutes of activity each day.

- Walk outside.
- Walk around or dance in your home or apartment for 10 minutes three times each day.
- Practice resistance activities.
- Join a gym or exercise class.



Foot Care

Check your feet everyday.

About 50% of all people with diabetes have some kind of nerve damage. Nerve damage can cause you to lose feeling in your feet. It is especially important for people living with diabetes to take good care of their feet.

Healthy Eating

Aim to have 3 meals balanced meals each day, using Canada's Food Guide for guidance.

If you visit to the grocery store less often:

- Plan meals and snacks ahead of time.
- Choose foods with a longer shelf life from each of the food groups.



This will help keep your meals balanced for 2-3 weeks after your grocery shopping.

Oral Health

Brush your teeth twice and floss daily.

High blood sugar can weaken white blood cells. These are your body's main way to fight infections that can occur in the mouth.



DIABETES CARE



London
InterCommunity
Health Centre



To book an appointment with our diabetes educator, dietitian, or foot care nurse please call 519-660-0874 ext 1001 during business hours. For more information visit us at www.lihc.on.ca.



The Evolution of Diabetes Treatment

Life Expectancy

Before insulin treatment, type 1 diabetes was fatal and complications from type 2 diabetes could not always be prevented. Today diabetes is treatable and people with diabetes are living longer, healthier lives.

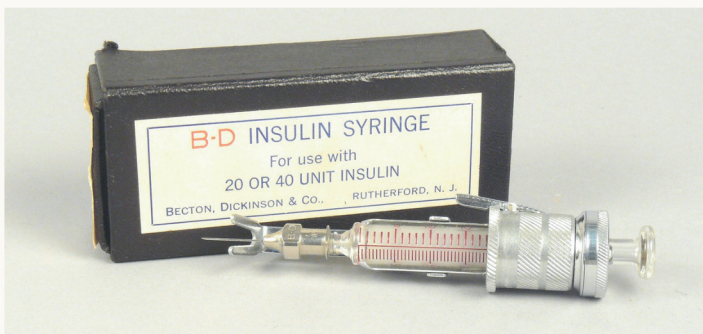
Complication Risks

Effects of diabetes can include weight loss, weakness, cataracts, blindness, severe foot and leg infections, and diabetic comas. Today risks are primarily associated with chronically high blood sugars.

Treatment Options

Treatment options before the discovery of insulin were limited to periodic fasting days, opium, over-ingesting sugar, and no-carb diets. Today people with diabetes eat healthy diets and have advanced medication options.

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A Closer Look at How Today's Insulin Treatment Has Advanced

Enhanced Diet Therapy

Individuals work with Registered Dietitians to create a healthy eating plan. People taking mealtime insulin can learn how to count carbohydrates in foods and drinks, and match intake to the insulin dose.

Increased Range of Medications

Help to control blood glucose levels in type 2 diabetes has expanded, and insulin regimens can now be adjusted very precisely to the individual with type 1 or type 2 diabetes.

Advancements in Technology

There are continuous blood sugar monitors that track blood sugars throughout the day. People with type 1 diabetes may also have a pump that adapts their unique insulin needs.

PRESENT



5 DIABETES MYTHS: UNCOVERED!

People with diabetes can't eat sugar.

People with diabetes can have sugar in moderation as part of a balanced diet.

Diabetes is contagious.

Diabetes is not contagious and cannot be passed on from one person to another.

If you are overweight then you will develop diabetes.

Being overweight can increase the risk factor of developing type 2 diabetes but is not a guarantee.

Diabetes is not a serious disease.

Diabetes is a serious disease and, if poorly managed, can be life-threatening. However, proper management of diabetes can significantly decrease risk of complications.

People with Diabetes need to eat "diabetes-friendly" foods.

"Diabetes-friendly" labelled foods can still raise blood-glucose levels, be more expensive, or include negative effects. A diabetes diet means eating healthy.