



Fighting Type 2 Diabetes

Our cells depend on a single simple sugar, glucose, for most of their energy needs. That's why the body has intricate mechanisms in place to make sure glucose levels in the bloodstream don't go too low or soar too high. When you eat, most digestible carbohydrates are converted into glucose and rapidly absorbed into the bloodstream. Any rise in blood sugar signals the pancreas to make and release insulin. This hormone instructs cells to sponge up glucose. Without it, glucose floats around the bloodstream, unable to slip inside the cells that need it.

Diabetes occurs when the body can't make enough insulin or can't properly use the insulin it makes. One form of diabetes occurs when the immune system attacks and permanently disables the insulin-making cells in the pancreas. This is type 1 diabetes, once called juvenile-onset, or insulin-dependent, diabetes. Roughly 5 to 10 percent of diagnosed diabetes cases are type 1 diabetes.

The other form of diabetes tends to creep up on people, taking years to develop into full-blown diabetes. It begins when muscle and other cells stop responding to insulin's open-up-for-glucose signal. The body responds by making more and more insulin, essentially trying to ram blood sugar into cells. Eventually, the insulin-making cells get exhausted and begin to fail. This is type 2 diabetes.

Both type 1 diabetes and type 2 diabetes are chronic. Prediabetes, when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes, and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered, are both reversible.

In fact, research shows that you can do a lot to reduce your chances of developing type 2 diabetes even if someone in your immediate family had it. Here are some things you can change to lower your risk:

Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.

Eat healthy foods most of the time. Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Consume more vegetables and monitor your sugar intake.

For more information on fighting type 2 diabetes, check out the resources on the back of this page.

Use the resources on the back of this sheet to answer the question below. Submit your answer in the entry box located in the main library by January 31, 2018 to be entered to win a \$75 Amazon gift card.

Name 3 risk factors that increase your chances of developing type 2 diabetes.

Name: _____ Phone #: _____



Resources

Books & eBooks Available at JCPL

The Essential Diabetes Book by The Mayo Clinic Health Condition 616.462 MAYO

Beating Diabetes by David M. Nathan, MD Health Condition 616.462 NATH

The Diabetes Solution by Jorge E. Rodriguez, MD Health Condition 616.462 RODR - also available as an audio book through Hoopla

Diabetes with Drugs by Suzy Cohen, RPh Health Condition 616.46206 COHE

The Best Life Guide to Managing Diabetes and Pre-Diabetes by Bob Greene Health Condition 616.4620654 GREE

The Diabetes Break-Through by Osama Handy, PhD Health Condition 616.4620654 HAND

The Pre-Diabetes Diet Plan by Hillary Wright, M.Ed., RD Health Condition 616.4624 WRIG

The Diabetes Reset by George L. King, MD Health Condition 616.4624 KING

Type 2 Diabetes for Beginners by Phyllis barrier available as an ebook through Hoopla & Overdrive

The Diabetes Cure by Alexa Fleckenstein available as an ebook through Hoopla & Overdrive

Your Type 2 Diabetes Lifeline by Rick Mystrom available as an ebook through Hoopla

No More Diabetes by Gary Null available as an ebook through Hoopla - also available in Spanish

Online Articles

“Simple Steps to Preventing Diabetes” by Harvard School of Public Health. *The Nutrition Source: HSPH*.
<https://www.hsph.harvard.edu/nutritionsource/diabetes-prevention/preventing-diabetes-full-story/>

“Preventing Type 2 Diabetes” by National Institute of Diabetes and Digestive and Kidney Diseases. *NIDDK*.
<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

“Diabetes Health Center” by WebMD. *WebMD*
<https://www.webmd.com/diabetes/default.htm>

“Lower Your Risk” by American Diabetes Association. *AMA*
<http://www.diabetes.org/>

“Diabetes Prevention: 5 Tips for Taking Control” by Mayo Clinic Staff. *Mayo Clinic*.
<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>

JCPL Databases

Universal Class: Diabetes 101

Universal Class offers over 500 online courses for patrons interested in the lifelong pursuit of knowledge for either personal or professional reasons. Create an account using your library card number and search for the class “Diabetes 101.”