

# Welcome to the webinar!

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Michigan Public School Employees Retirement System



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# Don't sugarcoat it

A lesson in diabetes management and prevention

*Presented by Katie Tymkew, Registered Dietician and Health Coach*

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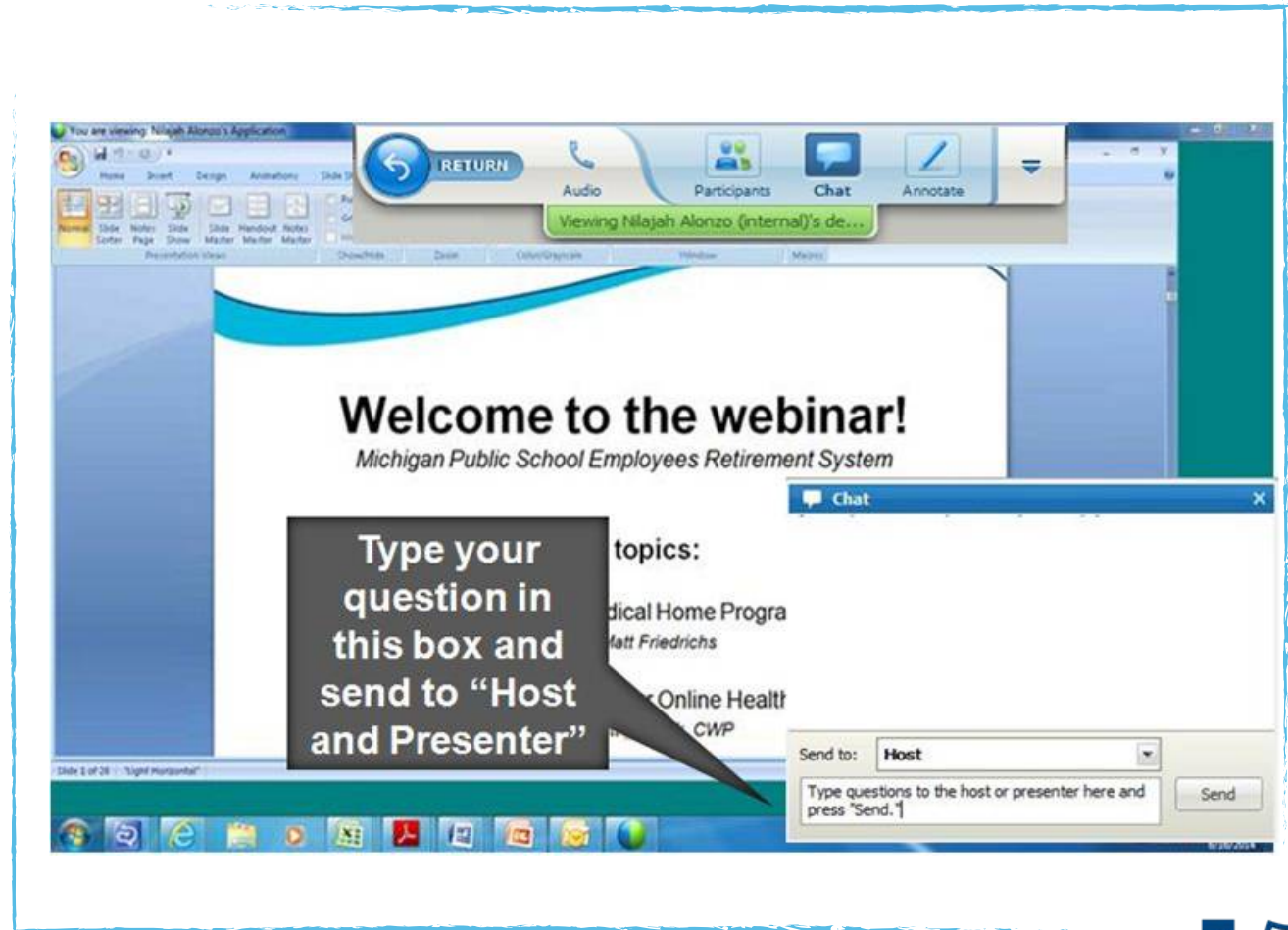
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# Today's topic: Diabetes

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- What is diabetes?
- How can I reduce my risk?
- How can I manage diabetes?

# Questions as we present?



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# Defining diabetes

- Pre-diabetes
  - At risk for type 2 diabetes
  - Higher than healthy blood sugar levels
- Type 2 diabetes
  - Trouble using or producing insulin
- Type 1 diabetes
  - Loss of the ability to produce insulin
- Gestational diabetes
  - High blood sugar levels during pregnancy



# Who's at risk for diabetes?

Several factors contribute to increased risk:

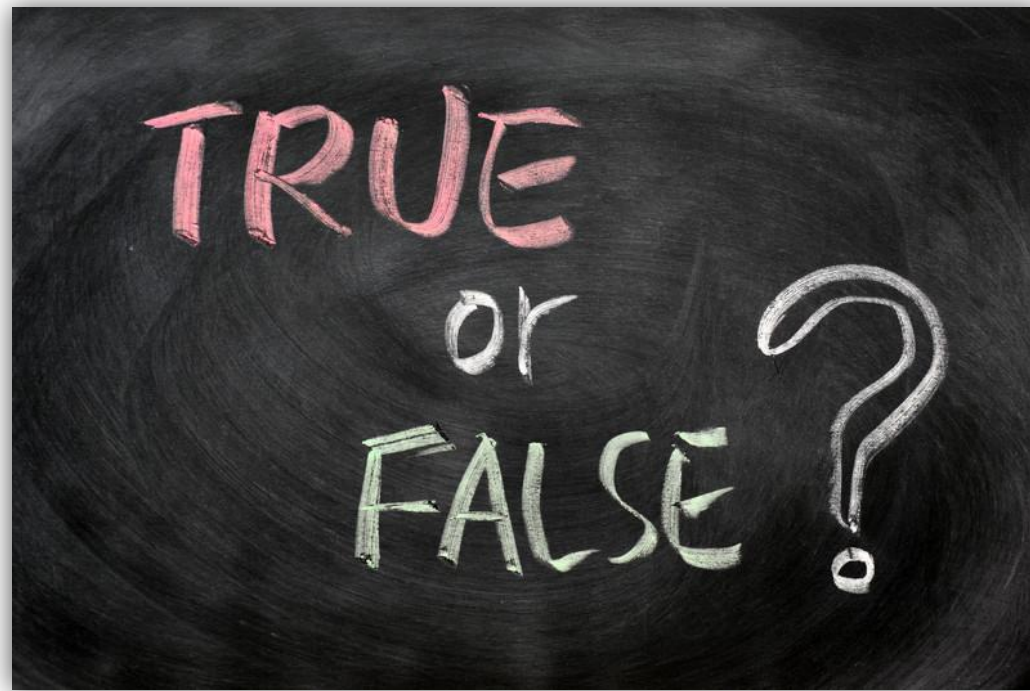
- Overweight or obesity
- Family history
- Age
- Race and ethnicity
- History of gestational diabetes
- Born with low birth weight



## Poll question

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People with type 2 diabetes cannot eat foods with sugar in them.



# Signs of diabetes

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- The most common symptoms of diabetes:
  - Frequent urination
  - Feeling thirsty or hungry
  - Blurred vision
  - Shaky, weak
  - Sweaty
  - Tingling, pain or numbness in hands or feet
- Symptoms of diabetes often go unnoticed





# Poll question

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People with diabetes are at greater risk of which complications if their blood sugar is out of control?

- A) Serious eye issues
- B) Circulation problems
- C) Gum disease
- D) Heart attack or stroke
- E) All of the above



# Which complications can diabetes cause?

- Abnormal blood sugar levels
  - Hypoglycemia
  - Hyperglycemia
- Nerve damage
  - Numbness, tingling in hands and feet
  - Loss of sensation
- Vision problems
  - Glaucoma
  - Impaired sight, blindness
- Foot complications
  - Ulcers
  - Poor circulation



# How is diabetes diagnosed?

Diabetes can be diagnosed through several types of blood tests. If you are at risk, your doctor will determine which one is right for you.

- A1C blood tests measure your average blood glucose for the past two to three months
- Fasting plasma glucose tests measure your blood glucose levels after you haven't had anything to eat or drink (except water) for at least 8 hours

Result	A1C
Normal	Less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

Result	FPG
Normal	Less than 100 mg/dl
Prediabetes	100 mg/dl to 125 mg/dl
Diabetes	126 mg/dl or higher

# How is diabetes diagnosed?

Diabetes can be diagnosed through several types of blood tests. If you are at risk, your doctor will determine which one is right for you.

- Oral glucose tolerance tests measure your blood glucose levels before you drink a special sweet drink and again two hours later
- Random glucose tests measure your glucose levels at any time during the day when you have diabetes symptoms

Result	OGTT
Normal	Less than 140 mg/dl
Pre-diabetes	140 mg/dl to 199 mg/dl
Diabetes	200 mg/dl or higher

Result	FPG
Diabetes	200 mg/dl or higher

# Can I prevent diabetes?

The risk of diabetes can be reduced by:

- Maintaining a healthy weight
  - Research shows losing 7% of your body weight can reduce your risk of diabetes by 58%
- Regular exercise
  - Moderate exercise (such as a brisk walk) 30 minutes, five days per week
- Healthy food choices



# How can I manage diabetes?

- There is no magic fix for diabetes
- Diabetes can be managed if you:
  - See your doctor regularly and ask questions
  - Take your medications
  - Eat healthy
  - Exercise with your doctor's advice
  - Know your numbers and keep a log of your blood sugar levels and what you eat



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