Dining with Diabetes is a program of WVU Extension Service Families and Health Programs.

On the Road to Living Well with Diabetes

Dining with Diabetes is a program of WVU Extension Service Families and Health Programs.
What is Penn State Extension?

• Land grant university system
• Provide science-based education to individuals, communities, and industries

Program Areas
• Agriculture, Community Vitality, Food, Families, and Health, Food Safety and Quality, Horticulture, Natural Resources, 4-H/Youth Development

Public Programs
• 4-H/Youth Development and Master Gardener programs
This presentation is available in alternative media upon request.

Where trade names or vendors appear, no discrimination is intended, and no endorsement by Penn State Extension is implied.
Pre-program Questionnaire

• Click on the link provided in your course documents

OR

• Scan this QR code:
Program Goals

• Increase knowledge about healthy foods
• Present healthy versions of familiar foods
• Demonstrate new cooking techniques
Program Goals

• Promote Physical Activity
• Provide basic information about diabetes self management
• Provide opportunities for people with diabetes to discuss with each other and to learn from diabetes educators
• Encourage self-management skills
• Become familiar with the numbers that are important for diabetes self-management.
Living Well with Diabetes

Getting on the Right Road
No Diabetes

Type 2

Type 1
Confusing Terms

- Touch of sugar
- Borderline diabetes
- Sugar's a little high
Your Feelings About Diabetes
Symptoms of T2DM:

- Blurred vision
- Fatigue, poor sleep, difficulty focusing
- Increased thirst
- Increased hunger/weight gain
- Wounds heal slowly and more infections than normal
- Increased urination
- Increased Urinary Tract Infections, Erectile Dysfunction
- Numbness/tingling in the hands or feet

Other symptoms include:

- Difficulty focusing
- Fatigue
- Poor sleep
- Increased thirst
- Increased hunger/weight gain
- Wounds heal slowly and more infections than normal
- Increased urination
- Increased Urinary Tract Infections, Erectile Dysfunction
- Numbness/tingling in the hands or feet
Complications of Uncontrolled Diabetes

Blindness
Heart disease and stroke
Kidney failure
Nerve damage
Loss of limbs
Complications do not have to happen
Living Well with Diabetes

- The Eye Exam
- The LDL Cholesterol Test
- The eGFR Test
- The Blood Pressure Test
- The A1c Test
A1c Target:

TARGET 7.0 or less

Every 3 to 4 months
Target Blood Pressure

TARGET
130/80
eGFR Test and Plan

Target: 60 or over
At least once a year
LDL Cholesterol Target 70-100
# How often should I test?

<table>
<thead>
<tr>
<th>Test</th>
<th>How often</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1c</td>
<td>Every 3 months</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>At least every 6 months</td>
</tr>
<tr>
<td>eGFR</td>
<td>Yearly, unless concerns call for testing more often</td>
</tr>
<tr>
<td>Lipids</td>
<td></td>
</tr>
<tr>
<td>Eye Exam</td>
<td></td>
</tr>
</tbody>
</table>
Dental Care

- See your dentist at least twice a year
- People who have diabetes are twice as likely to have gum disease
Foot Care

• Check your feet every day
• Have your doctor check your feet every visit
USUAL LOCATIONS OF ULCERS IN THE DIABETIC FOOT

Supinated foot

Flatfoot, collapse of the midfoot

Deformity of the toes

Deformity of the forefoot
MANAGING DIABETIC FOOT INFECTIONS

STAGE 1

STAGE 2

STAGE 3

STAGE 4
Orange Almond Salad
So What Do I Do Now?
MedlinePlus

- NLM main portal for consumer health information
- Available in English and Spanish
- Offers information on over 1,000 health topics, medications and supplements

MedlinePlus Homepage (https://medlineplus.gov/)
What is one of the most important things you can do to take care of your diabetes and you?

Physical Activity!
Why is physical activity important?

• It is the strongest treatment for improving insulin resistance (one of the major causes of type 2 diabetes).
• It has an immediate effect on lowering blood sugar.
• It helps to decrease LDL cholesterol.
• It helps to increase HDL cholesterol.
• It helps to lower blood pressure.
Why is physical activity important?

• Decreases the risk of heart disease.
• Releases endorphins which increase sense of well-being.
• Relieves stress.
• Releases serotonin which helps fight against depression.
• Improves sleep.
• Helps with weight control.
What type of physical activity do I need?

• Aerobic is most important. This is any activity that moves your body through space and increases your heart rate.

• Examples: walking, dancing, bicycling, hiking, some types of gardening and yard work.
Other helpful types of activity are:

• **Resistance training** – for strength, building and maintaining muscle mass, strengthening bones.

• **Stretching** – improve flexibility and balance.
How much?

• 2 ½ to 3 hours a week at a moderate level.

• Moderate = activity which will increase your heart rate, but you can still carry on a conversation.
You and your doctor
Peach and Berry Crisp
Next Week:

Carbohydrates
Other programs offered by Penn State Extension:

• Food, Families & Health Webinars: http://extension.psu.edu/health-webinars

• Food Safety & Quality Webinars: http://extension.psu.edu/food-safety-webinars

• All Extension Webinars: https://extension.psu.edu/webinars
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