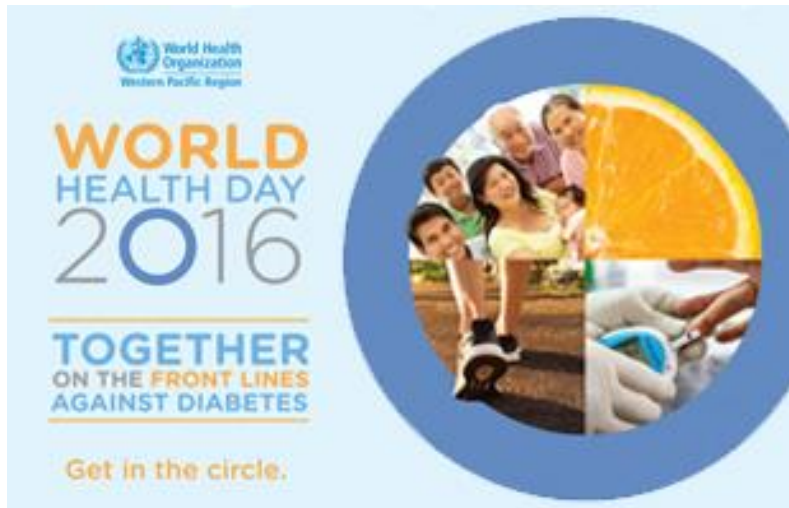


If you have any of the **risk factors** for Diabetes and / or **have not been screened** recently for an increase in blood glucose, plan to attend one of the upcoming Clinics. **Screening for Blood Glucose (Blood Sugar)** – it will just take a minute of your time, and a tiny drop of blood...

- Any of the regular Parish Nurse drop in clinics
  - on Tuesdays at WM Homes 9:30 – 10:30 a.m.
  - on Thursdays 11:00 a.m – Noon , at the church
- Thursday, April 14th – Parish Nurses office 11:00 a.m. – Noon
- Tuesday, April 19th in the gym following Silver Spoons lunch
- Sunday, May 1st at W-K Church.... in the gym after our worship time

**Make a point to check it out – bring someone you love!!!**



## Healthy Reflections

### Body, Mind and Spirit

**April 2016 – Diabetes and Your Family**



The World Health Organization (WHO) is focusing on **Diabetes for World Health Day** which occurs in April each year. The WHO is calling all “healthcare providers and families to come together on the front lines against Diabetes.”

Do you know that the incidence of Diabetes is increasing worldwide – in all countries and in all age groups? Especially shocking is the increase in Type 2 Diabetes in young people. Previously known only in older adults, Type 2 Diabetes in the younger age groups is thought to have a direct relationship with the increase in childhood obesity and sedentary lifestyles.

Diabetes is a chronic, progressive disease. Prevention is important, even though, due to genetic factors, it may not be 100% preventable. The onset of Type 2 Diabetes can often be effectively delayed by a few simple lifestyle measures.

“If we are to make any headway in halting the rise in Diabetes, we need to rethink our daily lives: to eat healthily, be physically active, and avoid excessive weight gain,” says Dr. Margaret Chan, WHO Director-General.

“Even in the poorest settings, governments must ensure that people are able to make these healthy choices and that health systems are able to diagnose and treat people with Diabetes.”

With Diabetes, we need two approaches – prevention & management.

## Prevention:

### Prevention begins with increasing awareness.

- Diabetes occurs when the pancreas does not produce enough insulin (Type 1), or when the insulin produced is not effectively used by the body (Type 2). Insulin is a hormone which regulates blood glucose (sugar) levels and how glucose, the fuel for all our cells, is used in the body.
- All types of Diabetes can have serious complications such as kidney disease, damage to the eyes, damage to nerves in the hands and feet, and the circulatory system.

Early identification of a change in blood glucose levels is key to effective prevention and treatment.

### Early detection is very important.

- If you are over 45 years of age, you should be tested at least every 3 years for elevated blood glucose. The best test for early detection of Diabetes risk is an A1C blood test as ordered by your health care provider.
- Additional tests may also be ordered, such as a fasting blood sugar or glucose tolerance testing.



- A simple screening test may be completed with a tiny drop of blood and a glucometer.
- Risk factors include, a sedentary lifestyle, body weight that is above ideal, women who experience chronic ovarian cysts, those who belong to one of the high-risk ethnic groups (Aboriginal, Hispanic, South Asian, Asian, or African descent), or those with a family member who has Diabetes.

## Prevention through Active Living

- Key factors for prevention are related to maintaining an ideal weight.
- Nutrition should include lots of fruits, veggies and greens as well as a decrease in sugar intake.
- Active living is defined as 30 minutes of regular, moderate exercise most days of the week.
- If you have been told you are pre-diabetic then these lifestyle measures are especially important for delaying the onset of Type 2 Diabetes.

## Management of Diabetes:

- Follow-up care with your healthcare provider and a Diabetes Educator.
- Adherence to dietary and medication prescriptions.
- Eating meals at regular intervals – eating breakfast which includes a source of protein, early in the day.
- Moderating foods high in sugar and / or starch.
- Learning to balance nutrition, medication and blood glucose levels.
- Regular monitoring of blood glucose levels (as per recommendations of the Diabetes Educator or healthcare provider.)
- Engaging in an Active Lifestyle.

