



# Diabetes & Your Health

## Staying Healthy

There are a number of things you can do to help control your diabetes and stay healthy:

- See your doctor regularly.
- Talk to your doctor about a diabetes meal plan.
- Enjoy at least 30 minutes of physical activity each day.
- Take medications as directed by your doctor.
- Test your blood sugar as directed & write the number in your log book after each test.
- Do not smoke or use tobacco products.
- Avoid alcoholic beverages.

*For more information, contact:*

*SoonerCare Disease Management Services  
(405) 522-6205  
(800) 522-0114*

*or talk to your doctor.*

## *What Is Diabetes?*

Diabetes is often called sugar diabetes. It is a disease in which the body does not produce insulin or cannot use insulin properly. Insulin is a hormone that is needed to convert the food we eat into energy the body can use.

The cause of diabetes is unknown, but both family history and factors such as being overweight and not getting enough physical activity appear to play roles.



## *What Are the Major Types of Diabetes?*

### Type 1 Diabetes

Type 1 Diabetes results when the body fails to produce insulin. Insulin is the hormone that allows glucose (blood sugar) to enter the body's cells and fuel them. People with Type 1 diabetes use insulin injections and proper diet to control their blood sugar.

### Type 2 Diabetes

Most Americans who are diagnosed with diabetes have Type 2 diabetes. Type 2 Diabetes develops when the body does not use insulin properly, or produce enough insulin. A balanced diet and regular physical activity help many people control Type 2 diabetes. Some people may also need pills or shots to help control their blood sugar.

### Pre-Diabetes

Pre-Diabetes is a condition that occurs when a person's blood sugar levels are higher than normal, but not high enough for a diagnosis of diabetes. It is a warning sign that you might develop diabetes. People with pre-diabetes may be able to prevent diabetes by changing their diets and increasing their physical activity.

### Diabetes in Pregnancy (Gestational Diabetes)

Gestational Diabetes is a temporary type of diabetes that some women develop during pregnancy; It usually goes away after the baby is born. With treatment, most women can control their blood sugar and give birth to healthy babies. If diabetes is not controlled during pregnancy, it can cause babies to grow too large or to be born with low blood sugar.

Source: The American Diabetes Association

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