

Diabetes Packet Introduction

Here are excerpts taken from some of the web pages available on the internet. There can be some conflicting information about diabetes but these summarize the important points. I will go over these points in more detail at our first visit. I will also talk more about the complications of Diabetes.

What I would most like to let you know is that Diabetes is actually easy to control in its early stages and some of the complications that can start at this stage can often be reversed with a change in diet and exercise. Very rarely do we need to consider using medicines at this time. In fact we will do all we can to help you do this without medicines. However, if it becomes clear that medicines are needed, we will add them based on what you need individually and explain why.

Diabetes is basically a breakdown in your body's system that is supposed to metabolize carbohydrates and fats. This is why the term Metabolic Syndrome is sometimes used to address this disease. This packet you are receiving addresses many different topics pertaining to reversing Metabolic Syndrome of which diabetes, pre-diabetes, insulin resistance, fatty liver, abnormal lipids, high blood pressure, increased weight (especially around the waist) are all related and intertwined. I will go over this information and answer any questions you may have over your next few visits.

If your blood sugars are high enough to be considered to be in the diabetic range you will be given a prescription for a machine to measure your blood sugar levels (a Glucometer). This will give you immediate feedback in order to help you make needed changes.

Type 2 Diabetes Facts

When you have type 2 diabetes, your body is unable to properly use the sugar called glucose.

Glucose is created when your body breaks down food to use for energy.

Your body uses glucose as its main source of fuel with the help of a hormone called insulin.

Insulin acts like a key to unlock the body's cells, so glucose can enter and serve as fuel for the cells. This is how most people's bodies maintain a fairly normal amount of sugar in the bloodstream.

People with type 2 diabetes can't maintain normal sugar levels either because the body doesn't make enough insulin or because the body can't use its own natural insulin properly—a process called insulin resistance.

High blood sugar sets off processes that can lead to complications, like heart, blood vessel, kidney, and eye disease and other serious problems.

The good news is that healthy eating, exercise, and, possibly, medication can help.

Pre-Diabetes:

Before people develop [type 2 diabetes](#), they almost always have an asymptomatic condition called "pre-diabetes." Also known as "impaired glucose tolerance," pre-diabetes is a term that refers to the 41 million people in the U.S. who have blood glucose levels that are higher than normal, but are not high enough to be classified as diabetes.

More and more, doctors are recognizing the importance of diagnosing pre-diabetes, as treatment of the condition may prevent type 2 diabetes. Which also means prevention of the complications from type 2 diabetes such as: heart, blood vessel, eye and kidney disease. Doctors now know that the complications from diabetes can begin to occur before the elevated blood sugar levels are in diabetic range.

What is insulin resistance?

Insulin resistance occurs when the normal amount of insulin secreted by the pancreas is not able to unlock the door to cells. To maintain a normal blood glucose, the pancreas secretes additional insulin. In some cases (about 1/3 of people with insulin resistance) when the body cells resist or do not respond to even high levels of insulin, glucose builds up in the blood resulting in high blood glucose or type 2 diabetes. Even people with diabetes who take oral medication or require insulin injections to control their blood glucose levels can have higher than normal blood insulin levels due to insulin resistance.

Why is insulin resistance in the news?

More and more people in the U.S. are becoming obese, physically inactive, or both. Obesity and physical inactivity aggravate insulin resistance. Also, people who are insulin resistant typically have an imbalance in their blood lipids/triglycerides (blood fat). They have an increased level of triglycerides and a decreased level of HDL (good) cholesterol. Imbalances in triglycerides and HDL cholesterol increase the risk for heart disease. These findings have heightened awareness of insulin resistance and its impact on health.