



Learn 10 Tips for People Newly Diagnosed with Diabetes

Description

Type 2 diabetes is characterized by two physiological issues: resistance to insulin produced by the person's beta cells and insufficient insulin synthesis compared to the required amount. These issues can result in high blood sugar, which can lead to various consequences such as heart disease and stroke, retinopathy, and neuropathy over time.



Understand that getting type 2 diabetes is not a personal shortcoming.

It evolves due to several elements still being discovered and better understood. Lifestyle factors (diet,

exercise, stress, and sleep) are important, but genetics also play a role. Type 2 diabetes is frequently portrayed in the media due to being overweight, although the relationship is more complicated. Many overweight people do not develop type 2 diabetes, while some people who have type 2 were never overweight. Type 2 diabetes treatments, including a healthy eating plan, regular exercise, and blood-glucose-lowering medicines, target insulin resistance and the relative shortage of insulin to control blood glucose levels. The journey from normal glucose levels to prediabetes and eventually to type 2 diabetes can generally take five to ten years.

Taking care of your diabetes as soon as you are diagnosed (and before) will benefit you both now and in the long run.

Type 2 diabetes is not a death sentence by any means, but it is a serious disease that requires immediate attention. Ignoring it may not appear to have significant short-term consequences (chronic high blood glucose levels are not painful), but it can damage your nervous system, blood vessels, eyes, heart, and kidneys over time. Even a small percentage of persons with prediabetes were found to show indications of ocular illness in the landmark Diabetes Prevention Program trial (retinopathy). Managing your blood glucose levels and other health risk factors (e.g., cholesterol, blood pressure, and weight) is critical for avoiding severe consequences. Even a small amount of weight loss and maintenance can improve glucose control and have other therapeutic effects (read more tips on managing diet and exercise below for more on weight loss). Keep in mind that better diabetes control will benefit you in the here and now — high glucose levels have a negative impact on your mood and energy levels.

What is the proof? The landmark UKPDS trial monitored 5,102 newly diagnosed type 2 diabetes patients for an average of ten years to see if heavy use of blood glucose-lowering medicines resulted in health benefits. Tighter average glucose control (A1c of 7.0 vs. 7.9 %) lowered the rate of microvascular problems (which harm the eyes, kidneys, and nervous system) by 25%. In addition, there was a 25% reduction in diabetes-related fatalities, a 7% reduction in mortality, and an 18% reduction in combined fatal and nonfatal heart attacks for every percentage point decrease in A1c (e.g., 9% to 8%).

Recognize that type 2 diabetes is a chronic condition that worsens over time.

When persons are diagnosed with type 2 diabetes, they have already lost up to 50% or more of their beta cell function (the cells in the pancreas that produce insulin). They are usually insulin resistant, which means they can't utilize the insulin they produce properly. A few patients can initially manage their diabetes with a healthy diet plan and exercise. However, beta-cell function declines over time, making blood glucose management more difficult. People often need to add one or more drugs to maintain blood glucose control. The good news is that there are now many more options, and many of these drugs do not induce as much hypoglycemia, hunger, and weight gain as in the past (e.g., metformin, pioglitazone, DPP-4 inhibitors, GLP-1 agonists, SGLT-2 inhibitors, and better insulin). You need to utilize additional and various medications that do not imply that you are a failure. Early on, Diligent care can help preserve remaining beta cell function and delay development — another reason

why acting early and forcefully is critical.

Food has a significant impact on blood glucose levels; optimizing your mealtime choices, particularly carbs, can help you manage your diabetes and improve overall health.

Carbohydrates, in my experience, elevate blood sugar significantly more than protein and fat, necessitating extra monitoring and treatment with available insulin. Here are a few tips to help you regulate your blood glucose, and you can find additional advice [here](#):

- I try to limit the number of carbohydrates I eat at once or choose carbohydrates with a lower glycemic index – see Adam’s Corner on Why Not All Carbohydrates Are Created Equal.
- Drinks with many added sugars and carbohydrates should be avoided (unless you have low blood sugar, also called hypoglycemia). It’s usually good to avoid ordinary soda and huge amounts of fruit juice.
- Impose a portion control policy. For example, follow the “12 plate rule” and fill half your plate with vegetables or salad. Also, avoid eating directly from food packages, which is a convenience trap that encourages overeating. Finally, tell the waiter you don’t want the free bread in sit-down restaurants — sometimes the temptation is too strong to refuse!
- As a general rule, I try to eat as natural and minimally processed foods as possible – the fewer ingredients on the label, the better. Fresh fruits and vegetables are always a wonderful choice. In contrast, I try to avoid highly processed meals (e.g., chips, sweets), which I find less filling and significantly spike my blood glucose levels.
- Try substituting almond and coconut flour in recipes — they have a substantially lower influence on my blood glucose, contain a lot of beneficial fat and fiber, and help make baked items much more diabetes-friendly.

Exercise is a free drug; take advantage of it as much as possible!

Regular physical exercise of around 30 minutes per day on most days of the week helps lower blood glucose, helps your body better use the insulin that your body continues to produce, and improves your cholesterol levels. Keep doing what you’re doing if you already enjoy it! If you’re not already particularly active, it’s vital not to be scared by the prospect of getting started. Even something as basic as walking (for additional information, [click here](#)) can help decrease blood glucose and enhance your heart. Here are some easy methods to add extra activity to your life:

- Find some friends or coworkers who have similar interests as you. Accountability to someone else plays a big role in sticking to a plan. Connect with others in the active diabetic community by visiting [Insulindependence](#).
- Find methods to include exercise into your regular life, such as going for a walk during your lunch break, holding walking meetings, using the stairs instead of the elevator, or parking in the farthest space in the parking lot.
- Try an app: Moves, GymPact, Seven Minute Workout, Strava, Sworkit, and many others are

excellent for getting you moving.

- Try an activity tracker – these small devices are extremely motivating, and the data is addictive. Fitbit is the most popular option, but there are many more.

Patterns can be identified using blood glucose measurement.

Consider your glucose meter to be a compass for blood sugar management. These data can pave the way toward elements that affect your blood glucose by testing before and after key activities such as meals and exercise. I make this more enjoyable by viewing it as a scientist would: How much does walking drop my blood glucose? How do a chicken and veggie dinner compare to a pasta meal?

Structured testing, a more systematic approach to measuring your blood sugar, can make your glucose findings more meaningful — Accu-Chek has produced two free tools to assist in uncovering blood sugar patterns, which you can download [here](#) and [here](#). Remember that the goal of collecting glucose levels is to provide you with information to help you optimize your therapy. For example, are you consistently on a high after breakfast? Are your blood sugar levels decreasing in the middle of the night? Recognizing such patterns in your glucose readings can help you and your healthcare provider answer these types of questions and make improvements to your diabetes management.

The need for insulin is NOT YOUR FAILURE.

Type 2 diabetes is a progressive disease in which your body's ability to produce insulin decreases over time. Indeed, 30-40% of type 2 diabetes patients, particularly those who have had diabetes for a long time, require insulin to regulate their blood glucose. However, remember that you are not alone as you begin to use insulin! Injections can be a headache for anyone, but devices are now to alleviate the load, such as patient-friendly insulin pens, Valeritas' V-Go insulin delivery system, Medtronic's i-Port Advance, and full-featured insulin pumps.

Look for a Diabetes Educator.

Diabetes educators are qualified health care professionals with special training in diabetes self-management and education. They offer practical advice, coaching, and support. You can get diabetes education by requesting a referral from your primary care physician. Attending a diabetic educator is covered by Medicare Part B and many health insurance policies.

Category

1. Lifestyle

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