



**Diabetes Care Basics**  
**Health Education Program**

# PRESENTER INTRODUCTION

Jazmin Ward, from Prince Georges County Maryland moved to Baltimore in the year 2008 to pursue her Bachelors of Science from Morgan State University. Jazmin studied Health Education and obtained her Masters in Public Health in 2015.

From there she worked as an Asthma Educator in the Johns Hopkins Asthma Basic Care study, taught a Human Behavior and Social Determinants of Health course at Morgan State University and gained experience in the health insurance field as a Prevention and Wellness Specialist and Consultant.



Presenter: Jazmin Ward, MPH

# PRESENTATION OBJECTIVES

- Define Diabetes
- Review risk factors, signs and symptoms
- Define prediabetes
- Distinguish between Type I and Type II Diabetes
- Define the meaning of Gestational Diabetes
- Discuss how the Flu/COVID-19 effects Diabetes
- Getting tested for Diabetes
- Discuss ways to prevent and manage Diabetes

# WHAT IS DIABETES?

Diabetes is a disease that affects how your body turns food into energy. Most of the food you eat is broken down into sugar, (also called glucose) and released into your bloodstream. As a diabetic, your body creates an abnormal metabolism to carbohydrates and causes elevated glucose levels. There are various types: prediabetes, Type I, Type II and Gestational.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When too much sugar stays in your bloodstream, overtime it can cause serious health problems, such as:

- Heart Disease
- Kidney Disease
- Vision Loss or Impairment
- Nerve Endings
- Issues pertaining to your feet
- Oral health issues pertaining to the gums and teeth
- May affect sexual response and mood swings



# SYMPTOMS

Check with your Primary Care Provider to determine how often you should have your blood sugar tested for Diabetes.

The following list are signs of diabetes:

- Urinate (pee) a lot, often at night
- Often times very thirsty
- Lose weight without trying
- Increased appetite
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual



Urinating often



Irritability



Being thirsty more often than usual



Blurry vision



Being hungry more often than usual



Wounds that won't heal



Being tired more often than usual



Numb or tingling hands or feet

# TYPES OF DIABETES

## Type 1 Diabetes

- Type 1 diabetes is caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin.
- About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults.

## Risk Factors

- Family history: Having a parent, brother, or sister with type 1 diabetes.
- Age: You can get type 1 diabetes at any age, but it's more likely to develop when you're a child, teen, or young adult.
- In the United States, Caucasian people are more likely to develop type 1 diabetes than African Americans and Hispanic/Latino Americans.

*Currently, there's no research on how to prevent type 1 diabetes.*

# TYPES OF DIABETES

## Type 2 Diabetes

- Type 2 diabetes causes your body to not use insulin well and is unable to keep blood sugar at normal levels. Type 2 Diabetes is the most common form of Diabetes as 90-95% of Diabetics have it. It develops over many years and is usually diagnosed in adults.
- Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, healthy eating, and getting regular physical activity.

## Risk Factors

- Having prediabetes
- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk)

# TYPES OF DIABETES

## Prediabetes

- Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.
- Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.
- Prediabetes can be *reversed!*

## Risk Factors

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome
- Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

# TYPES OF DIABETES

## Gestational Diabetes

Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don't already have diabetes. Gestational diabetes occurs when your body can't make enough insulin during your pregnancy. Gestational diabetes typically doesn't have any symptoms.

### Complications

Having gestational diabetes can increase your risk of high blood pressure during pregnancy. It can also increase your risk of having a large baby that needs to be delivered by cesarean section (C-section).

### Prevention

Before you get pregnant, you may be able to prevent gestational diabetes by losing weight if you're overweight and getting regular physical activity.



### Risk Factors

- Had gestational diabetes during a previous pregnancy
- Have given birth to a baby who weighed more than 9 pounds
- Are overweight
- Are more than 25 years old
- Have a family history of type 2 diabetes
- Are African American, Hispanic/Latino American, American Indian, Alaska Native, Native Hawaiian, or Pacific Islander

# GETTING TESTED FOR DIABETES

## A1C Test

- This measures your average blood sugar level over the past 2 or 3 months.

## Fasting Blood Sugar Test

- This measures your blood sugar after an overnight fast (not eating).

## Glucose Tolerance Test

- This measures your blood sugar before and after you drink a liquid that contains glucose. You'll fast (not eat) overnight before the test and have your blood drawn to determine your fasting blood sugar level. Then you'll drink the liquid and have your blood sugar level checked 1 hour, 2 hours, and possibly 3 hours afterward.

## Random Blood Sugar Test

- This measures your blood sugar at the time you're tested. You can take this test at any time and don't need to fast (not eat) first.

| Result*            | A1C Test      | Fasting Blood Sugar Test | Glucose Tolerance Test | Random Blood Sugar Test |
|--------------------|---------------|--------------------------|------------------------|-------------------------|
| <b>Normal</b>      | Below 5.7%    | 99 mg/dL or below        | 140 mg/dL or below     |                         |
| <b>Prediabetes</b> | 5.7 - 6.4%    | 100 - 125 mg/dL          | 140 - 199 mg/dL        |                         |
| <b>Diabetes</b>    | 6.5% or above | 126 mg/dL or above       | 200 mg/dL or above     | 200 mg/dL or above      |

# PREVENTING TYPE 2 DIABETES

You can prevent and/or delay Type 2 Diabetes by living a healthy lifestyle!

If your Primary Care Provider warns you that you're prediabetic, you can make small changes to reverse it by:

- Getting physically active
- Losing a small amount of weight
- Discovering how to eat healthier
- Managing stressors and staying focused on living a healthier lifestyle



# MANAGING DIABETES

Thanks to better treatments, people with diabetes are now living longer, with a better quality of life—than ever before. If you are living with diabetes, it's important to make choices that keep you healthy.

- **Eat Right!**
  - Eat smaller portions with less fat. Eat more fiber by eating more whole-grain foods. Eat a variety of fruits and vegetables every day.
- **Be Active!**
  - Physical activity can help you control your blood glucose, weight, and blood pressure, as well as raise your “good” cholesterol and lower your “bad” cholesterol.
- **Be Prepared!**
  - Have plan for emergencies such as natural disasters and hazards.
- **Prevent Complications**
  - Keeping your blood glucose under control , being healthy and active can help other body parts not become effected by diabetes.
- **Stay Well In Flu Season**
  - If you have diabetes, you are three times more likely to be hospitalized from the flu and its complications than other people. The flu may also interfere with your blood glucose levels.
- **Stay Healthy**
  - It's very important for you to take your diabetes medicines exactly as directed.



# MANAGING DIABETES WITH A HEALTHY DIET

## What you should eat more of:

Eat more fiber by eating more whole-grain foods:

- Breakfast cereals made with 100% whole grains.
- Oatmeal.
- Whole grain rice.
- Whole-wheat bread, bagels, pita bread, and tortillas.

Eat a variety of fruits and vegetables every day. Choose fresh or frozen fruit and eat plenty of veggies like these:

- Dark green veggies (e.g., broccoli, spinach, Brussels sprouts).
- Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash).
- Beans and peas (e.g., black beans, kidney beans, pinto beans.)

## What you should eat less of:

Eat fewer foods that are high in sugar, such as:

- Fruit-flavored drinks.
- Sodas.
- Tea or coffee sweetened with sugar.

## What's **MyPlate** All About?



# MANAGING DIABETES WITH MEDICATION

- Medicine can help you control your diabetes and blood sugar. Blood sugar that is too high or too low can cause problems with teeth, eyes, and feet, as well as other serious health problems.
- Many people with chronic (lifelong) diseases like diabetes do not take their medicines correctly. This puts them at risk of more serious health problems.
- There are more than 30 different medicines for diabetes. They can be taken by mouth, needle, or pump.
- People with diabetes may need many medicines at once to help them. Primary Care Providers will select the most appropriate medicine to best meet their patients diabetic needs.



# THE EFFECTS OF THE FLU/COVID-19

Diabetics are at a greater risk of Flu and COVID complications which can result in severe hospitalizations.

- Having Diabetes can cause the immune system to be weakened and less able to fight infections.
- Getting a Flu vaccine can reduce the risk of getting sick this season.
- Following the appropriate COVID guidelines can aid in staying healthy this season:
  - Wash your hands for at least 20 seconds and/or use hand sanitizer
  - Wear masks properly covering both the nose and mouth in public
  - Avoid unnecessary travel and stay at least 6 feet away from others
  - Stay away from anyone sick

# HOW TO DISCUSS DIABETES WITH YOUR DOCTOR

Your primary care provider can help you manage your diabetes. It is important to keep your doctor up to date about your diabetes.

- Write down any symptoms you're experiencing, including any that may seem unrelated to your diabetes.
- How often do I need to monitor my blood sugar?
- What is my goal range?
- What changes do I need to make to **my specific** diet?
- What are the signs and symptoms of low and high blood sugar?
- How often do I need to be monitored for diabetes complications? What specialists do I need to see?
- Ensure that you understand your treatment plan.
- Any challenges you are experiencing in managing your diabetes.

# HOW TO DISCUSS DIABETES WITH YOUR DOCTOR

If diagnosed with Diabetes you should receive the following:

- An annual Retinal Eye Exam
- HBA1C check every 3-6 months
- Diabetic foot check each time you visit your provider for a wellness visit
- Blood Pressure reading each time you visit your provider
- An annual Urine Albumin or Protein testing

# MARYLAND PHYSICIANS CARE CONTACT

If you ever have any questions or concerns regarding your benefits, need a primary care provider, pediatrician and/or a referral please contact:

**MPC Customer Service Line:** 1-800-953-8854

For info on Diabetes and our Diabetes Prevention Program please visit MPC's website at:

<https://www.marylandphysicianscare.com/for-members/health-and-wellness/diseases-conditions/diabetes.html>

---

## Q & A

---

