

The numbers recommended by the American Diabetes Association for a person with diabetes are:

**A1C** < 7.0% ( This is a test that the medical provider has performed to verify how your blood sugars have been in the last 3 months)

**Fasting Blood Sugars** 70-130 mg/dl  
**Blood Sugars after a meal** < 180 mg/dl

**How often will it have to be checked?**

Talk with your doctor to find out how often you should check the level of glucose in the blood. Generally speaking, revisions are made prior to a meal or two hours after a meal.

Maintaining the level of glucose in the blood within the desired range can help prevent or delay the onset of complications of diabetes, such as nerve, eye, kidney and vascular lesions.

Glucose monitoring is the main tool we have to carry out the control of diabetes. With this tool you can know your blood glucose level at any time.

It is important to keep a record of the results of your glucose levels. When analyzing this log along with your medical provider you will have a more precise idea of the way in which your body responds to your diabetes care plan.



**References:**

<http://www.diabetes.org>

Would you like to learn more about your A1C or how to keep your diabetes under control? "Never too late to call and make an appointment" ask for the Community Health Worker at your local "Sunset" clinic:

**San Luis**

(928) 627-3822  
Ext. 1333

**Somerton**

(928) 627-2051  
Ext. 1216

**Yuma**

(928) 819-8999  
Ext. 1016

**North Yuma**

(928) 539-3140

**Wellton**

(928) 785-3256  
Ext. 1520

# Sunset Community Health Center, Inc.

THE CLINIC YOU CAN TRUST



## WHAT IS DIABETES TYPE 2 AND HOW TO KEEP IT UNDER CONTROL

[www.sunsetcommunityhealthcenter.org](http://www.sunsetcommunityhealthcenter.org)



# What is Diabetes Type 2 and How to Keep it Under Control?

You have type 2 diabetes, and it's certainly not easy to accept. But you know what? It is also something that can be controlled.

When someone learns that they have diabetes, at first they may feel very frightened, sad, or even perhaps have a hard time believing that its true. After all, it is likely that you don't feel sick or different from how you felt before being told that you had diabetes. However, it is very important that you take this disease seriously.

When someone finds out that they have diabetes, some people worry because they believe that their life has ended and that they no longer will be able to do everything they did before. None of this is true. The new responsibility will be your health, what is true is that perhaps some changes in your daily routine should be made.

It is not your fault that you have diabetes, but yes it is your responsibility to take care of your health. Fortunately, there are many things you can do to stay healthy, one of the first and most important things you have to do is to learn to understand the disease.

## What is diabetes Type 2?

When you eat, your body turns food into a type of sugar called glucose. Glucose gives your body the energy it needs to function. But in order to use glucose as energy, your body needs **insulin**.

If you have type 2 diabetes your body does not produce a sufficient amount of insulin or does not use it properly, because the cells in your body cannot use glucose in foods as energy. The glucose stays in the blood where it can cause serious problems.

Diabetes has no cure but can be kept under control. If you eat a healthy diet, do physical activity, and take the medications that you have been prescribed, you will be able to maintain the glucose in the blood within healthy levels. Many people with diabetes have a long and healthy life.

## **How can diabetes be controlled?**

- Being physically active
- Monitoring the blood sugars
- Taking medications (prescribed by your medical provider)
- Keeping your appointments
- Learning everything about diabetes

## **Be active**

Any type of physical activity you perform will help you lower your blood sugars; exercising will also help you:

- Have more energy
- Diminish stress
- Maintain flexible joints
- Reduce the risk of heart disease and stroke
- Feel very well

Talk with your medical provider if you have any questions about what activities are best for you.

## **Lose weight**

Weight loss can improve your blood glucose levels, your blood pressure and cholesterol. By losing between 10 and 15 pounds you will notice differences. The key to losing weight in a healthy manner is to do it little by little. Avoid quick diets (very fast) and above all follow the advice of your medical provider.

## **“Do not skip meals”**

Are you trying to understand what you should eat now that you have diabetes? We recommend you begin with the **“plate method”**. You don't need any special tools and no need to count anything. You should only focus on filling your plate with more vegetables without starch and less meats and foods with starch. It is simple and works well.

## **How does a glucometer work?**

The glucometer works by testing a small drop of blood to calculate the glucose level. Most people prick a finger to extract a drop of blood.

## **Why is it important?**

Before having diabetes, regardless of what you ate and physical activity performed, your glucose levels were automatically within normal range. When you have diabetes this is no longer so. Checking your blood glucose is a way of knowing how **the food, physical activity and medications** affect your glucose levels and to ensure that your glucose doesn't raise or lower too much.