

# TAKE CONTROL OF YOUR HEALTH

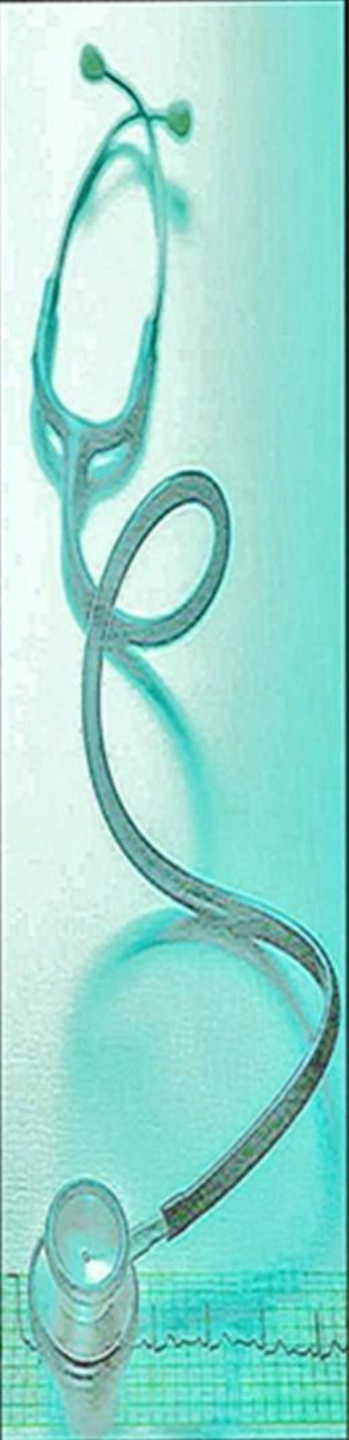
## Diabetes

By

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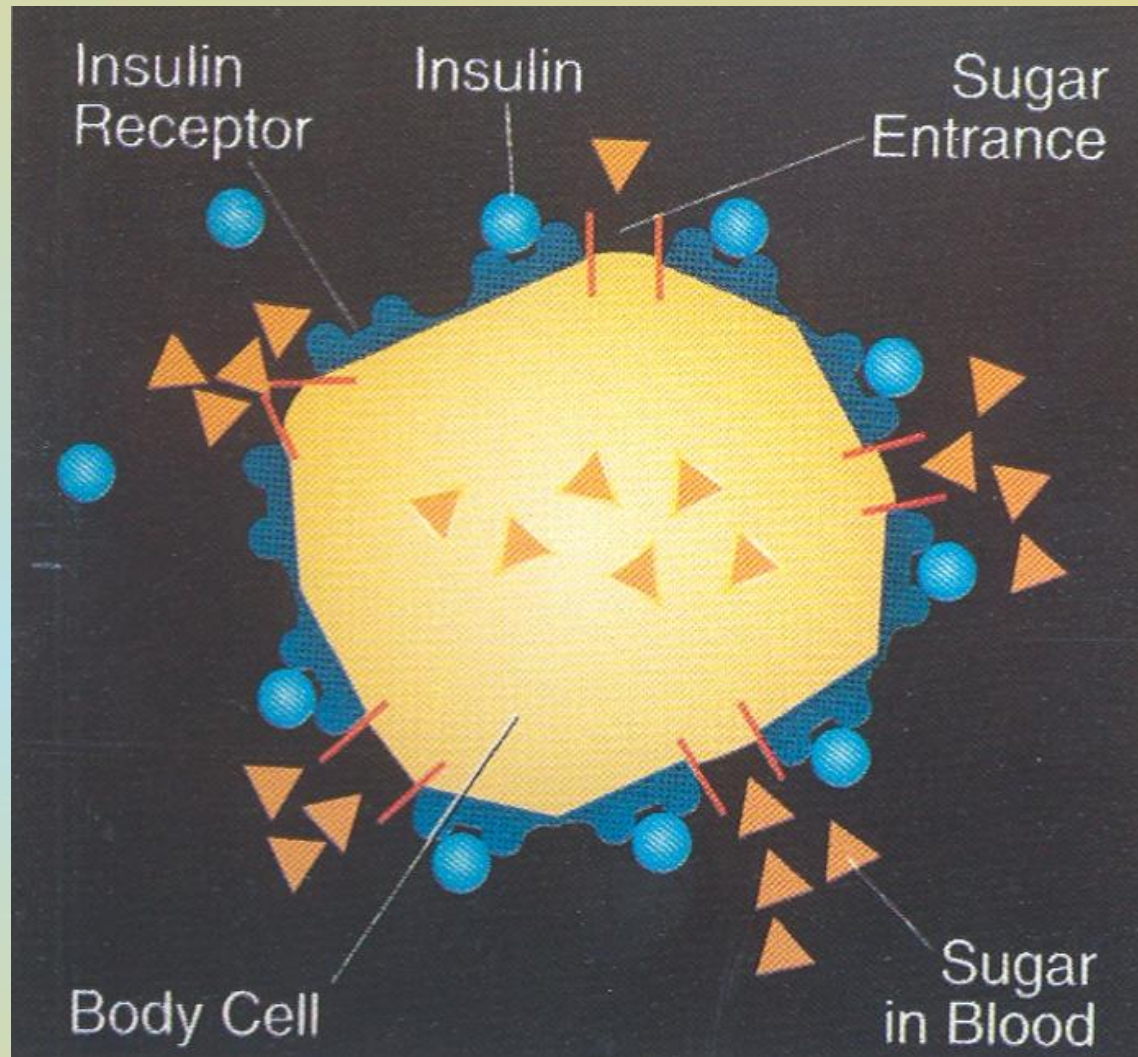
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دكتورة فاطمة المرعشي  
المركز المتقدم للغدد الصماء والسكري



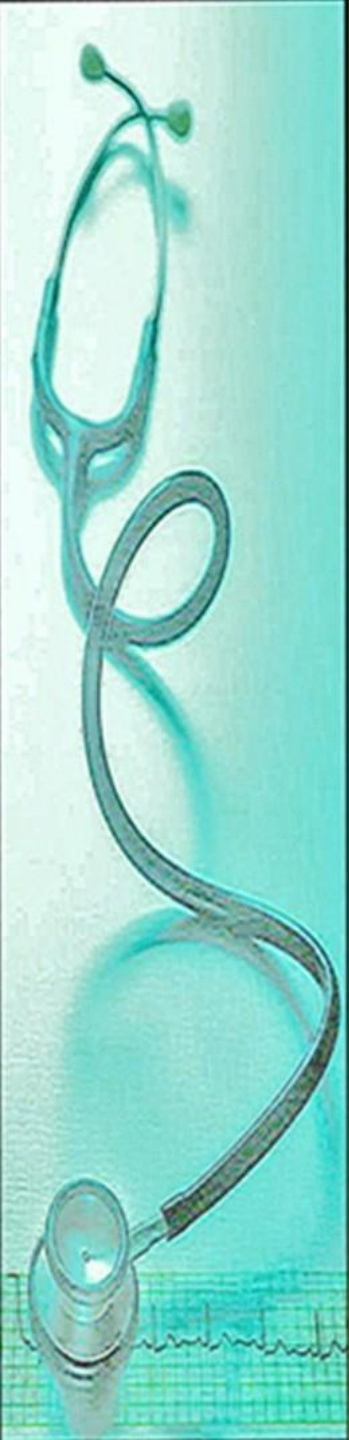
## Basic Facts about DM

- When you have DM, your body can't properly use energy from the food you eat.
- Using energy from Food is as important to your health as having air to breath.

# How Insulin Works in the Body







DM: Takes away your body's ability to keep the Amount of sugar in your blood at healthy level.

When your blood sugar gets too high “out of control”

Symptoms:

- Feel tired
- Sick.
- Frequent urination.
- Difficulty to concentrate.



## Types of DM

- There are 2 main types of DM.
- They are caused by different problems.
- T1 DM – Little or No Insulin.
- T 2 DM – the body makes insulin but can't use it well.
- Both are serious – can cause long term health problems

# What does control mean?


There is no cure for DM

Goal of treatment is to keep blood sugar level

Near Normal: 70 – 100 mg/dl

Goal for Blood Glucose control

Goals	Acceptable	Ideal
Fasting	60-130	70-100 mg/dl
Before meals	100-130	70-100 mg/dl
After meals (1 hour)	< 180 mg/dl	<160 mg/dl
3 a.m.	> 65	> 65 mg/dl



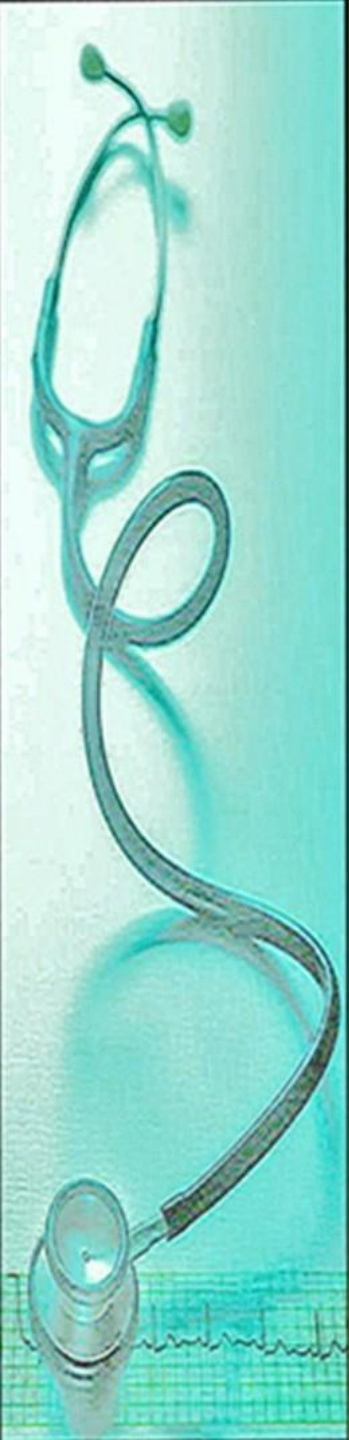
HbA1C testing is a Lab. test ordered to  
Determine the average blood glucose level over  
The last 3 months.

Normal A1C = 4-5.6%

DCCT – participants who maintained tight control  
Had an AV A1C approx. < 7.2% and risk of  
Complications was decreased.

Keep A1C. Close to normal in order to lower  
The risk of developing complications.





## ABC of DM

A – A1C < 6.5%

B – Blood Pressure. Goal < 130/80 mm.Hg.

C – Cholesterol – goal

- LDL – C < 100 mg/dl
- HDL – C > 55 mg/dl in women and > 45mg/dl in men
- T. Cholesterol < 200 mg/dl
- TG < 150 mg/dl





## Others

- Have complete eye exam every year.
- Check your feet and skin every day.
- Quit smoking.
- Have blood and urine checked each year for signs of kidney damage.

# Taking charge of your Diabetes

1. Education



2. Meal Planning



3. Physical activity



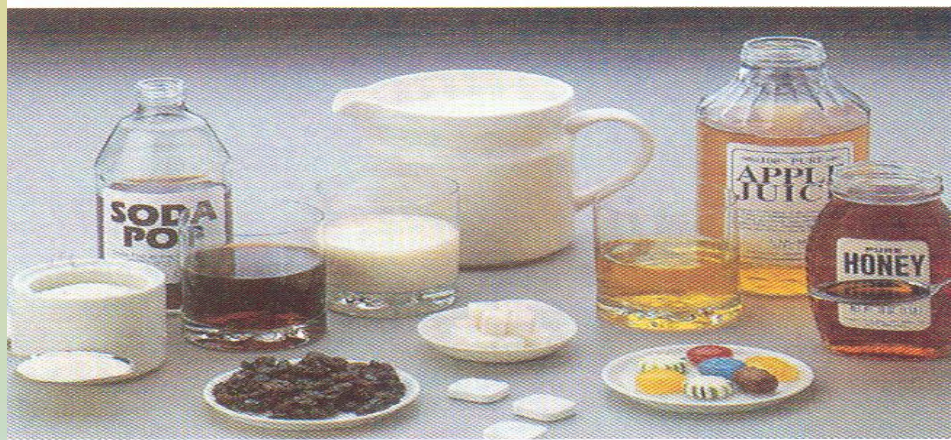
4. Diabetes Medicine



5. Diabetes test



SMBG several times



### Some foods you can eat are:

- 1/2 cup juice (apple, orange)
- 1/2 cup regular soda  
**(not sugar-free)**
- 6 or 7 small hard candies  
**(not sugar-free)**
- 1 small box of raisins
- 3 glucose tablets
- 1 cup of milk
- 1 tablespoon of honey
- 1 tablespoon of sugar
- 5 small sugar cubes

