

Diabetes

Different Types of Diabetes:

- **Diabetes type 1:** Occurs when the immune system mistakenly attacks and kills the beta cells of the pancreas. It is managed by insulin injection.
- **Diabetes type 2:** Occurs when the body can't properly use the insulin that is released or does not make enough insulin. It is managed by food diet and physical exercises.
- **Gestational diabetes:** A temporary condition that occurs during pregnancy.

Risk Factors

- Being overweight – having a body mass index (BMI) equal to or greater than 25 kg/m^2
- Physical inactivity and having high blood pressure
- History of cardiovascular disease
- Having a HDL-cholesterol level $< 35 \text{ mg/dL}$ (0.90 mmol/L) and/or a triglyceride level $> 250 \text{ mg/dL}$
- Having a previous A1c test result equal to or greater than 5.7%, impaired glucose tolerance, or impaired fasting glucose
- Having conditions associated with insulin resistance, such as severe obesity
- Having a parent or sibling with diabetes



Women's risk factors include:

- Delivering a baby weighing more than 9 pounds or having had gestational diabetes
- Having polycystic ovarian syndrome

Recommendations

- If you are age 45 or older, you should be screened.
- If you are younger than 45 but overweight or have any of the other risk factors, consider diabetes screening.
- Even if initial screening results are normal, get repeat testing at least every 3 years
- If you have been diagnosed with pre-diabetes, get tested yearly.



Screening tests

- Fasting glucose (fasting blood glucose, FBG) – this test measures the level of glucose in the blood after 12 hour fast.
- A_{1c} this test evaluates the average amount of glucose in the blood over the last 2 to 3 months
- 2-hour glucose tolerance test (OGTT): fasting blood test, followed by having the person drink a 75-gram glucose drink and then drawing another sample two hours after consuming the glucose

8 things to do when you have diabetes type II

Eliminate all animal foods from the diet. Elevated blood glucose has been known to normalise in as little as two to three weeks after animal source food are eliminated.

Eat a mostly raw, low calorie, nutrient dense, whole food, plant-based diet.

Exercise! Staying fit helps restore insulin and leptin sensitivity.

Optimise vitamin D blood level (50-80ng/ml)

Emphasize whole plant food while minimizing starch foods that require excess insulin to be metabolized

Monitor blood sugar if you have blood sugar issues; those on medication may need their doctor help to taper off of medication

Maintain a daily source of essential fats such as flax seed, flax seed oil, pharmax. Finest pure fish oil

Minimise all sugar including natural sugar. Avoid fruit juice