

Diabetes Wellness Fair 2007

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Nutrition & Diabetes Clinic



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How to Work with your doctor to Put It All Together

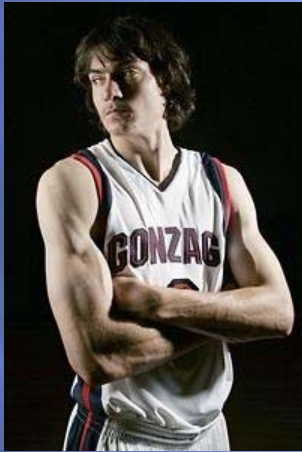


David A. Lynch, M.D. ABFM

FAMILY CARE NETWORK

Points To Consider

- ✦ You cannot make progress if you do not know what your goal is
- ✦ You need to understand the lingo to discuss goals with your doctor



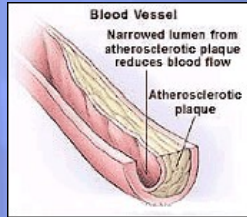
Diabetes Does NOT Cause . . .

- ✦ Strokes
- ✦ Heart Attacks
- ✦ Blindness
- ✦ Kidney Disease
- ✦ Poor Circulation
- ✦ Etc, etc, etc

What Does?

Uncontrolled Blood Sugar

Uncontrolled Blood Sugar



- Damages the arteries, causing narrowing and blockage, making it easier to form clots
- This decreases blood flow and causes
 - ✦ Strokes
 - ✦ Heart Attacks
 - ✦ Blindness
 - ✦ Kidney Disease
 - ✦ Poor Circulation in the legs
 - ✦ Poor mental function

In Order to Maintain Good Health



- ✦ We **MUST** control blood sugar to normal levels
- ✦ We **MUST** also control other conditions which damage the blood vessels
 - ✦ High blood pressure
 - ✦ High cholesterol and blood fats
 - ✦ Stop smoking

Blood Sugar Control



- ✦ You cannot manage what you do not measure!
- ✦ Make changes when you are out of control, then, re-measure!

Blood Sugar Control

- ✦ Learn what foods raise your blood sugar too high in two hours
- ✦ Change the amount or the type of food and then re-measure
- ✦ Keep changing until your blood sugar is normal
- ✦ A Registered Dietician or diabetes educator can be a great help
- ✦ Do not tolerate poor control
- ✦ Consider group visits

Blood Sugar Control



- ✦ Hemoglobin A1c 7 or less
 - ✦ 6.5 is better!
 - ✦ Check every 3-6 months if normal
- ✦ Fasting AM blood sugar below 140
- ✦ Blood sugar 2 hr after a meal below 180

Blood Sugar Control What are The Tricks?

- ✦ **Measure often** to learn how your body responds
- ✦ **Make changes** by substituting low glycemic index foods when blood sugar is too high
 - ✦ Soy Slender instead of cow's milk
 - ✦ Whole wheat instead of white bread
 - ✦ High fiber fruit instead of fruit juice
 - ✦ Read labels and choose wisely

Blood Sugar Control What else Can You Do?



- ✦ **Exercise!** Other than diet, this is often the most important part of treatment
 - ✦ Be active Every day, 1 hour is ideal!
 - ✦ Walk, swim, hike, bicycle, lift weights
 - ✦ Daily activities - use a manual mower, do your own yard work
 - ✦ The secret is - make it happen as a natural part of your routine

Blood Sugar Control

- ✦ **It is very hard to have excellent blood sugar control without exercise**
- ✦ Exercise
 - ✦ Makes the body cells more sensitive to insulin
 - ✦ Improves mood
 - ✦ Keeps you fit
 - ✦ Helps control weight
 - ✦ Helps prevent frailty and poor balance
 - ✦ Makes life more enjoyable

Blood Sugar Control

- ✦ If medicine is needed, take it!
- ✦ Work with your doctor until you get excellent control
- ✦ If you need insulin, use it!
 - ✦ Medicine and insulin are not a problem
 - ✦ They are a solution for high blood sugar!



Control Blood Pressure



- ✦ **Do whatever it takes to get excellent control!**
- ✦ 130/80 or less
- ✦ 120/80 is better
- ✦ Life style changes very important
 - ✦ Exercise
 - ✦ Weight loss
 - ✦ Regular habits of sleep, meals
 - ✦ Stress reduction

Control Blood Pressure

- ✦ If you need blood pressure medicine
 - ✦ It is not a problem, it is a solution!
 - ✦ Work with your doctor until excellent control is achieved
 - ✦ You can't manage what you don't measure!
 - ✦ Measure your own blood pressure at home, work and away
 - ✦ Adjust your medicine with your doctor if you have poor control
 - ✦ The goal is **NO SIDE EFFECTS** and **EXCELLENT CONTROL**

Control High Cholesterol and Fat



Cholesterol and Fat in a human artery

Control High Cholesterol and Fat



- ✦ Know your lipid panel numbers
- ✦ Total Cholesterol below 200
- ✦ LDL (bad cholesterol) below 100
- ✦ HDL (good cholesterol) above 45
- ✦ Triglycerides below 150

Control High Cholesterol and Fat



- ✦ Eat naturally low fat, high fiber foods
- ✦ No Trans fats!
- ✦ Vegetables, high fiber fruits, whole grain bread and cereal only
- ✦ Meat, fish and poultry - eat a portion the size of a deck of cards
- ✦ Dairy - choose low fat
- ✦ Soy - a healthy fat
- ✦ Mediterranean Diet - olive oil

Control Cholesterol and Fat



- ✦ If you need medicine to reach your cholesterol goals, take it!
- ✦ Cholesterol medicine is not a problem, it is a solution!
- ✦ Statin medicines have been proven to lower the risk of stroke and heart attack
- ✦ Some medicine can lower absorption of cholesterol as well as decrease production

Smoking is Terrible



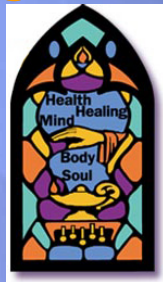
- ✦ It greatly increases the severity of blood vessel damage in people who have diabetes
- ✦ Do whatever it takes to quit
 - ✦ Counseling
 - ✦ Classes
 - ✦ Patches or gum
 - ✦ Hypnosis

Medical Home = Excellence

2,648 Patients

★ Deliverable	ADA Goal of Excellence	FCN Results (10/01/07)
★ % Hem A1c in last year		95%
★ % Hem A1c >9	20%	12.38%
★ % Hem A1c <7	40%	50.67%
★ % BP < 140/90	65%	73.75%
★ % BP < 130/80	35%	43.95%
★ LDL checked last year	85%	94.63%
★ % LDL < 130	63%	86.4%
★ % LDL < 100	36%	66.04%
★ % urine micro-alb last year	80%	87.08%
★ % Foot exam last year	80%	87.08%
★ Smoking status and advice	60%	90.14%

Other Things to remember



- ★ **You need support!** Family, friends need to understand
- ★ **Consider a support group** - Your Parish Nurse can help to set one up
- ★ **Ask your doctor about group visits** to share and learn from others

In Summary Tight Control Can Prevent the Complications of Diabetes!

- ✦ Control your Hemoglobin A1c 6.5 or lower
- ✦ Control your Blood pressure 120/80 or lower
- ✦ Control Your LDL Cholesterol 70 or lower
- ✦ Do NOT use tobacco!
- ✦ Get regular checkups and eye exams

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