

Diabetes Mellitus Screening

What is it?

- **Diabetes**– interferes with the body’s ability to store energy from food, the pancreas makes insulin to help store energy from food
 - **Type I Diabetes or Juvenile Diabetes**- occurs when the pancreas stops making insulin
 - **Type II Diabetes or Adult Onset Diabetes**- occurs when the body makes enough insulin but cannot use it correctly
 - **Both**- equal high blood sugar levels which can lead to blindness, nerve damage, kidney failure, and heart disease



Facts:

- **Diabetic Retinopathy**- leading cause of acquired blindness among Americans of working age
- **Prevention of Type 2 Diabetes Mellitus**- by changes in Lifestyle- exercise, eat healthy, make healthier choices, eating less fast foods, reduce weight if needed, reduce saturated fats, reduce the intake of sweets

What can I do?

- **See your Health Care Provider**- screened yearly with a spot urine albumin, creatinine ratio to identify those who are at increased risk for the development of complications of diabetes mellitus including retinopathy, nephropathy and cardiovascular disease; seek appropriate eye care
 - **Control the Blood Sugar**- Diet, Exercise and Medications
- **See a Registered Dietitian**- for help as needed for weight loss or weight maintenance and well as eating correctly
 - **Meats**- broil, boil, bake, roast, stew, grill or stir-fry with oil or grease; avoid frying foods or cooking with gravies and sauces
 - **Breads & Starches**- use whole wheat breads and cereals
 - **Vegetables**- use fresh vegetables and steam using other vegetables, avoid casseroles and combination or mixed foods
 - **Fruits**- use fresh fruits and fruit salads without mayonnaise and fats
 - **Milk & Dairy**- use a lower fat milk and dairy food
 - **Fats**- use mono or polyunsaturated fats in moderation
 - **Sweets**- avoid cakes, pies, pastries and foods cooked with sugar
 - **Exercise**- for a minimum of 30 minutes per day, talk with your health care provider about what is suggested for you

