

Consistency Counts



How sweet is too sweet? While everyone enjoys a sweet and sugary treat, some people are not able to properly process the glucose, or sugar, that comes with it. Diabetes is a disease that affects the way blood glucose is processed within the body. Glucose is an integral energy source for the body and provides fuel for our cells to work properly. When there is too much glucose, however, serious health complications can occur. There are two types of diabetes:

- **Type 1 Diabetes:** Type 1 diabetes is also known as juvenile onset diabetes and is characterized by the pancreas' inability to produce enough insulin to control the levels of glucose within the bloodstream. Type 1 diabetes can result from genetic factors as well as some types of viruses. While there is no cure for Type 1 diabetes, careful management of the disease can allow the person to live a healthy and fulfilling life.
- **Type 2 Diabetes:** Type 2 diabetes is a developed condition in which the body is unable to properly metabolize the levels of glucose within the bloodstream. Although Type 2 diabetes is more common in adults, Type 2 diabetes is becoming more common in children as the rates of childhood obesity continue to rise. While there is no cure for Type 2 diabetes, maintaining a healthy weight, exercising and eating a healthy diet are all ways to lead a healthy life.

How can you recognize the possible signs of diabetes? Symptoms of diabetes include: increased thirst, frequent urination, extreme hunger, fatigue, blurred vision, slow-healing sores and presence of ketones in the urine. The severity of the aforementioned symptoms depends on the amount of glucose within the bloodstream — the higher the levels of glucose, the more severe the symptoms.

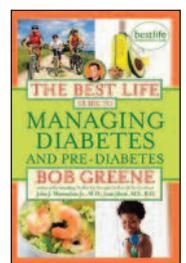
If you have been diagnosed with diabetes or have been diagnosed with pre-diabetes, what can you do to maintain a healthy lifestyle? Some treatments for diabetes may include oral medications, blood-sugar monitoring or insulin therapy. Managing your diabetes, however, will always include exercise, maintaining a healthy weight, and a diet rich in whole grains, fruits and vegetables.

As your HeartCaring Hospital, we are ready to help you learn more about what you can do today to reach your optimal health tomorrow.

Here are some books that we think will help you on your road to managing your diabetes:

The Best Life Guide to Managing Diabetes and Pre-Diabetes

By Bob Greene; John J. Menderino Jr., M.D.;
Janis Jibrin, M.S., R.D.



What Do I Eat Now?: A Step-by-Step Guide to Eating Right with Type 2 Diabetes

By Patti Geil and Tami A. Ross

