



Brought to you by the Holy Family Health Ministry
November is Diabetes Awareness Month

5 SURPRISING FACTS ABOUT DIABETES

Fact 1

DIABETES IS NOT CAUSED BY EATING TOO MUCH SUGAR



Sugar doesn't directly cause diabetes, eating large amounts of sugar may increase your risk of the disease.

Excessive consumption of sugary foods and drinks may make you gain weight and increase body fat.

Fact 2

PEOPLE WITH DIABETES CAN ENJOY SWEETS

Sweets are full of sugars, which increase the amount of glucose in your blood more than other foods. It's best to save sweets for special occasions or as a treat.

When planned as part of a meal, you can eat small amounts of sugar as a substituted for other carbohydrates.



Fact 3

HAVING GESTATIONAL DIABETES DOES NOT MEAN YOUR BABY WILL HAVE DIABETES



Gestational diabetes occurs when your body can't make enough insulin during your pregnancy.

It is important to work with your obstetrician, endocrinologist, or diabetes educator to manage your diabetes.

Fact 4

DIABETES CAN CAUSE A LOT OF EMOTIONS

It's common for people with diabetes to feel angry, depressed or anxious.

It can be stressful to test your blood glucose several times a day, monitor what you eat, and give yourself insulin shots or take medication every single day.



Fact 5

IT TAKES TIME TO ADJUST TO HAVING DIABETES



If you have been diagnosed with diabetes, realize that adjustment takes time.

After all, it takes a lot of finger pricking, blood testing, shot giving and self-monitoring to reach and maintain normal blood glucose levels over time.

Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills... Psalms 103:2-3



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Diabetes is a National epidemic. Over 38 million children and adults have diabetes

Per the American Diabetes Association, the National cost of diabetes in 2022 was \$412.9 billion dollars.

With Diabetes The Body Does not Adequately Manage blood sugar (glucose)

- Glucose, also known as blood sugar, is the main source of energy for the cells in the body.
- Glucose mainly comes from the foods we eat and the amount in our blood may go up or down depending on when and how much is eaten.
- The pancreas organ helps manage blood glucose levels by making insulin, a hormone.
- The job of insulin is to take the glucose from blood and help it move into our cells, creating energy for our bodies.

Diabetes happens if insulin may be out of control.

- With diabetes, the body may either stop making insulin, slow way down or “forget” how to use insulin.
- When the insulin is either gone or not working properly (also known as “insulin resistance”), the glucose can’t get into the cells where it needs to go.
 - This is what happens with type 2 diabetes.

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