



Diabetes

What is it and how can we prevent it?

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What is Diabetes?

- Diabetes is a disease where your body is not able to properly control the amount of sugar in your blood.

This happens for 2 reasons

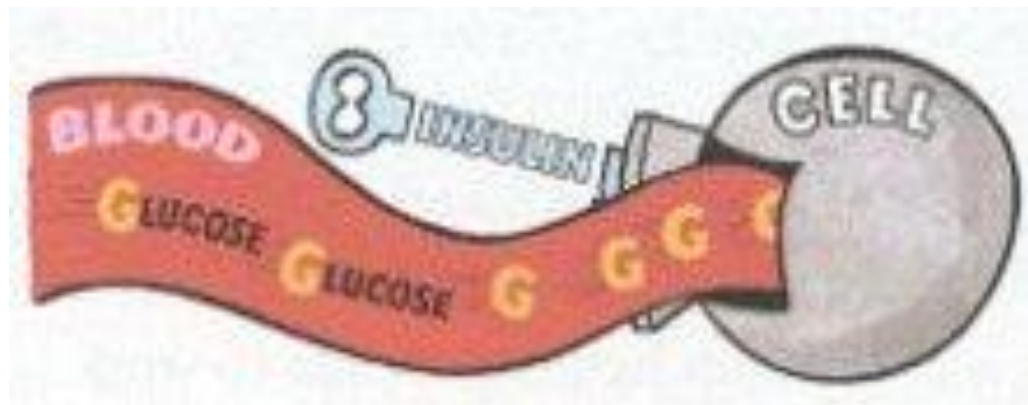
1. Your pancreas cannot produce enough insulin
2. Your body cannot use the insulin properly



What is Insulin?

Insulin is a hormone- a chemical made by your body that controls how much sugar is in your blood.

It acts like a key, to unlock the door that allows sugar to enter our body's cells.



True or False?

Diabetes is not that serious of a disease. If you have diabetes it doesn't matter.



False!

Diabetes is a very serious disease. 2 out of 3 people with diabetes will die from a heart attack or stroke.

If you have diabetes it is very important to manage it so you don't get complications

If you don't have diabetes it is still very important to prevent getting it

Types of Diabetes

There are 3 different kinds of diabetes

1. Type 1 diabetes → The body makes no insulin at all
2. Type 2 diabetes → The body produces some insulin, but not enough
3. Gestational diabetes → A type of diabetes that occurs in pregnant women

Type 1 Diabetes

- Often diagnosed in children
- An “autoimmune” disease
- People with type 1 diabetes will need to take insulin for the rest of their lives
- Not preventable
- Makes up only 10% of diabetes cases

True or False?

Taking Insulin cures diabetes



False!

Taking Insulin or any other medications for diabetes helps control blood sugar. They do not cure diabetes.



Type 2 Diabetes

- 90% of cases of diabetes are type 2
- Used to be found in adults 40 years old and older
- Insulin resistance or deficiency
- Variety of treatment options
- Can be prevented/delayed by living a healthy lifestyle

Gestational Diabetes

- A type of diabetes found in pregnant women
- Too much sugar in the blood will lead to too much sugar in the baby's blood



Gestational Diabetes



- Risks for Mothers
 - Difficult labor and delivery if your baby is very big
 - Increases your risk of getting type 2 diabetes later in life
- Risks for Babies
 - Low blood sugars after delivery
 - Gaining too much weight
 - Breathing problems
 - Increased risk of living with obesity or having type 2 diabetes later in life

True or False?

If a mother has gestational diabetes, her baby will be born with diabetes too



False!

Having gestational diabetes does not mean your baby will have diabetes too, it just means your baby is at higher risk of getting type 2 diabetes later in life



Can I Help Prevent Gestational Diabetes?

Yes- Eat a healthy diet and exercise!

- Follow Canada's Food Guide for healthy eating
- Not gaining too much weight while pregnant
- Be physically active before pregnancy
- Check with your doctor before starting physical activity during pregnancy



Gestational Diabetes

- Pregnant women should get tested when they are 24-28 weeks
- A doctor or nurse will give you a very sweet drink, then check your blood 2 hours later
- If you have gestational diabetes you may need to take insulin while you are pregnant
- It is still possible to have a healthy pregnancy and baby even if you have gestational diabetes



How Much Weight Should I Gain?



- Your doctor or nurse will know how much weight you should gain while pregnant
- Remember, your baby is very small. You do not need to eat twice as much food, just a little bit more

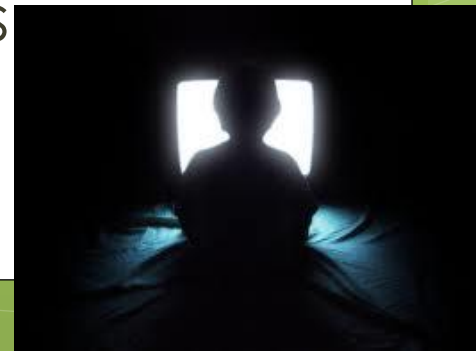
Did You Know?

- Babies who are breastfed are less likely than formula fed babies to develop type 2 diabetes later in life
- Mothers who breastfeed are also less likely to develop type 2 diabetes later in life



Diabetes Risk Factors:

- Being overweight
- Having Aboriginal ancestry
- Having family members with diabetes
- Having prediabetes
- Having had a large baby, or gestational diabetes
- Being over 40 years old
- High blood pressure, high blood fats



True or False?

You can outgrow diabetes if you get it as a child





False!

Diabetes is a chronic disease. You cannot outgrow or cure diabetes.

If you have diabetes you are at higher risk of:

- Kidney failure
- Blindness
- Amputations
- Heart disease



Can These Complications be Prevented?

Yes, good diabetes care can help prevent and delay these complications.

What does good diabetes care include?

- Regular physical activity
- Healthy eating
- Blood sugar monitoring
- Regularly checked for complications



True or False?

Eating too much sugar will cause diabetes



False!

Eating sugar does not cause diabetes

However, over time eating unhealthy foods can lead to weight gain, which is a risk factor for diabetes



Can Diabetes be Prevented?

Yes

There are things you can do to reduce your risk of developing diabetes and its complications



How?

1. Be Physically Active

Get your body moving every day.

You can walk, run, bike, swim, skate, or play sports.

How will physical activity help?

- Builds muscle
- Strengthens bones
- Increase flexibility and balance
- Improve mood and self-esteem
- Improve sleep
- Helps control your weight

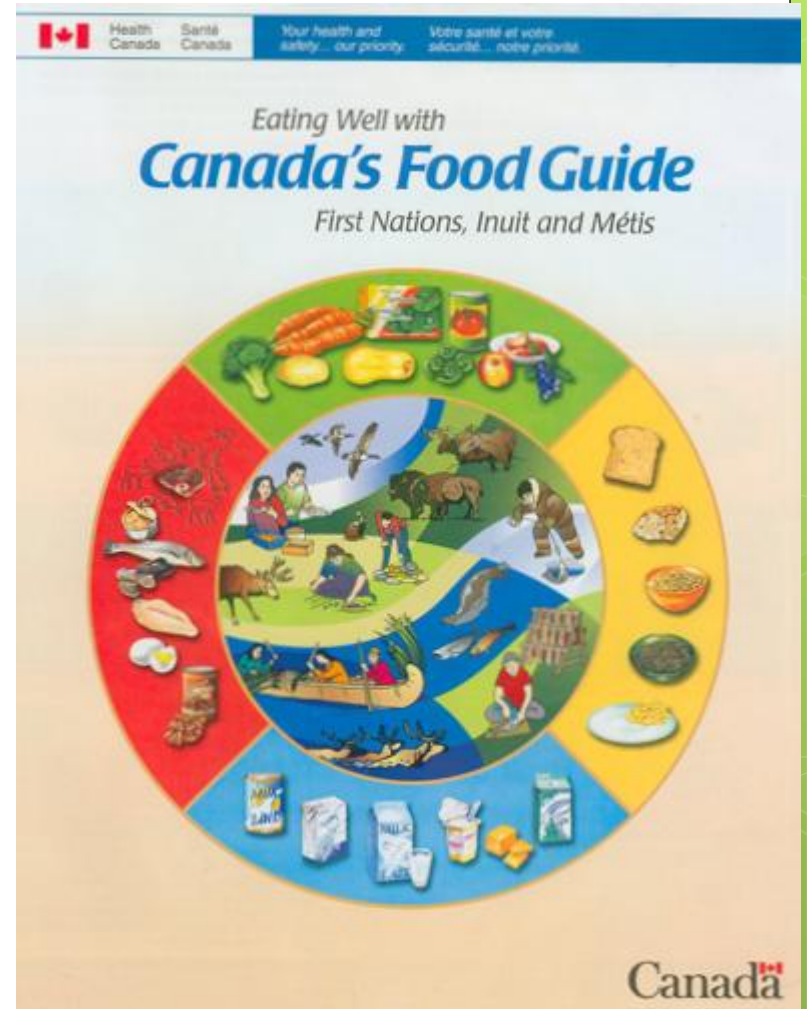


2. Eat a Healthy, Balanced Diet

Follow Canada's Food Guide

Avoid foods that are high in added sugar, salt, fat

What are some foods that should be limited?



3. Stay at a Healthy Weight

How?

- Being Physically active
- Eating a healthy, balanced diet



What can be done in your community to help prevent diabetes?

- Start a walking club
- Plant a garden
- Play outdoors with your kids or grandkids
- Get a group together for a soccer, baseball, or hockey game



Remember:

- Preventing diabetes is just as important as managing diabetes
- People with diabetes can live long, healthy lives
- Eating healthy and exercising is the best way to prevent type 2 diabetes, gestational diabetes, and complications of diabetes
- It is never too early or too late to start living a healthy lifestyle!



For more information

Visit

- The National Aboriginal Diabetes Association
 - <http://www.nada.ca>
- Diabetes Canada
 - <http://www.diabetes.ca>
- Canadian Society for Exercise Physiology
 - www.csep.ca



Thank You!

Any Questions?