

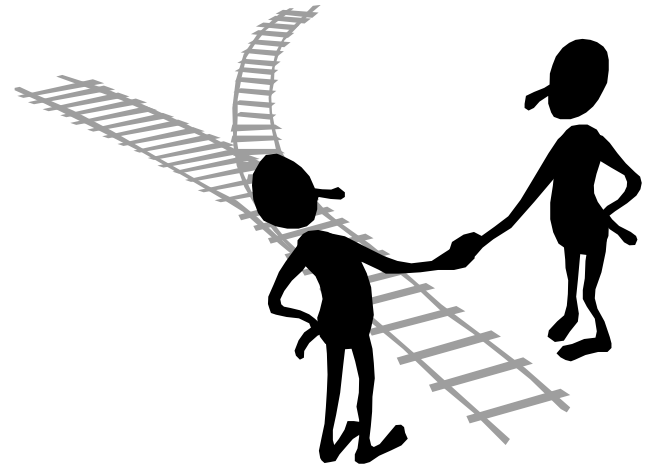
# National Aboriginal Diabetes Association



This presentation is dedicated  
to all people living with  
diabetes, in honour of your  
struggles and your strength

# Introductions and Goals

- ▶ To increase awareness of diabetes and diabetes management
- ▶ Disclaimer:  
This presentation is offered as educational information and shall not be used as a substitute for seeking medical advice. For more information, see your medical practitioner.



# What is diabetes?

Type 1 diabetes happens when the body does not make insulin at all

- ▶ Type 2 diabetes happens when the body has trouble using insulin it makes which is 95 % of diabetes cases
- ▶ Gestational diabetes where the body can't use insulin during pregnancy
- ▶ Pre-diabetes: high levels of sugar in the blood, but not high enough for a diabetes diagnosis – vigilant monitoring is needed

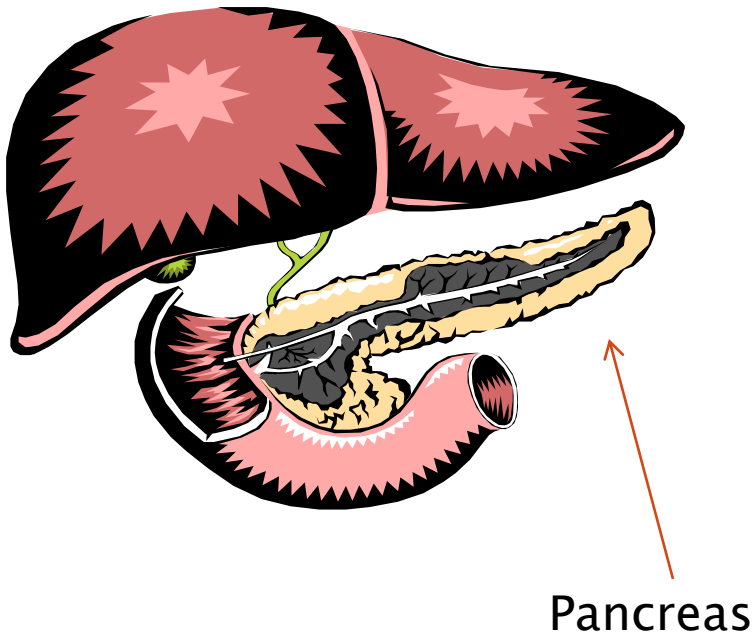


# Who Gets Type 2 Diabetes?

Anyone can get T2D. However, those at highest risk for the disease are those who

- ▶ Are over 45\*
- ▶ Are obese or overweight
- ▶ Have had gestational diabetes
- ▶ Have family members who have type 2 diabetes
- ▶ Have pre-diabetes
- ▶ Are inactive
- ▶ Have low HDL cholesterol or high triglycerides levels
- ▶ Have high blood pressure
- ▶ Are members of certain racial or ethnic groups

# How does Type Two Diabetes Develop?



When there is constantly high levels of sugar in the blood, the cells that produce insulin have to work too hard, for too long to compete.

Eventually these cells start to get tired and the amount of insulin being produced decreases

Because there is less insulin, sugar stays in the blood stream and is unable to enter the cell and is therefore unable to use it for energy.



# Manage Diabetes?

Problem	Terminology
Eye	Cataracts, Glaucoma, Blindness
Kidney	Nephrology
Nerve	Neurology
Heart	Heart Failure, stroke, Artherosclerosis
Other	Hyperglycemia (High) Hypoglycemia (Low)

# Type 1 versus Type 2 Diabetes

- ▶ Type 1 Diabetes
  - ▶ “Usually” diagnosed under the age of 30  
Due to an autoimmune disorder or problem with the person’s pancreas (where insulin is made).
  - ▶ Your body does not make ANY insulin
  - ▶ Not Preventable
- ▶ Type 2 Diabetes
  - ▶ “Usually” diagnosed over the age of 40
  - ▶ More common in people who are overweight
  - ▶ Your body does not make ENOUGH insulin and/or the insulin does not work properly
  - ▶ Can be Preventable



# What is Insulin?

What is insulin and why isn't it working?!?

- ▶ When you eat, your body breaks down food into sugar.
- ▶ The sugar is absorbed into your blood and then carried to your cells.
- ▶ For the sugar to enter the cell, a hormone called **INSULIN** is needed to open the cell's receptors.





# Insulin Video

## Lock and Key

- ▶ [https://www.youtube.com/watch?v=ae\\_jC4FDOUc](https://www.youtube.com/watch?v=ae_jC4FDOUc)

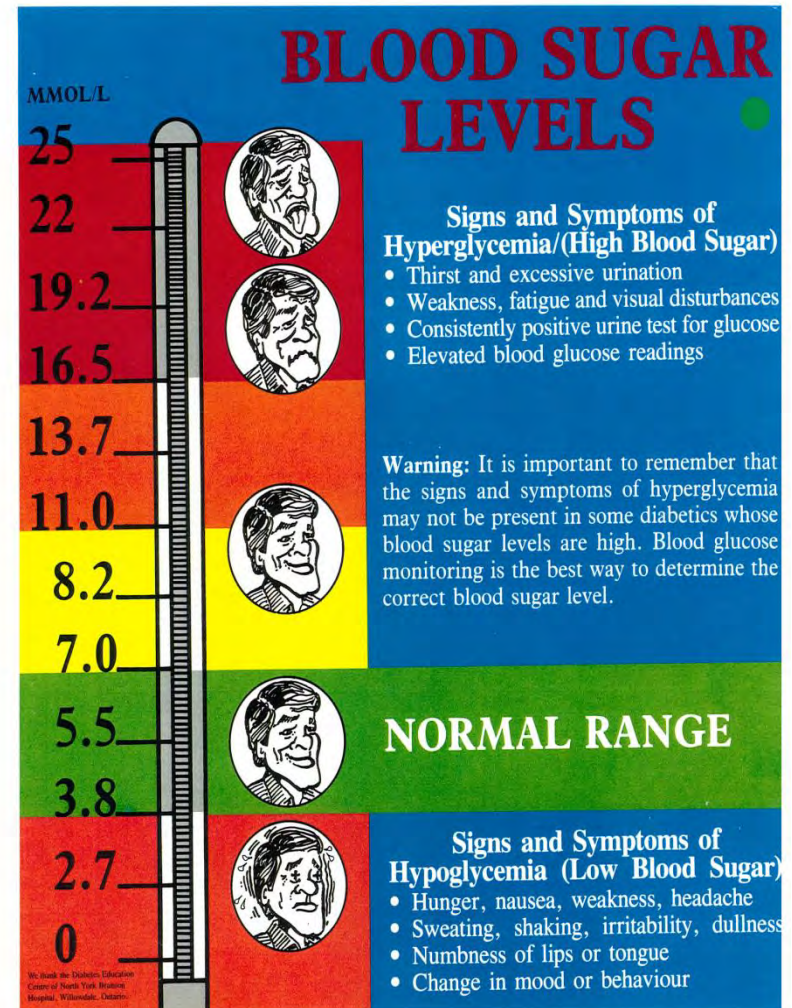
# Gestational Diabetes

- ▶ A condition in which pregnant women, who have never had a history of diabetes, develop high blood sugars. This usually occurs in the late stages of the pregnancy.



# Prediabetes

- ▶ Prediabetes refers to blood glucose levels that are on the higher side of normal, but not yet high enough to be diagnosed as type 2 diabetes.
- ▶ Lifestyle changes are key at this point!



# Signs and Symptoms of Diabetes

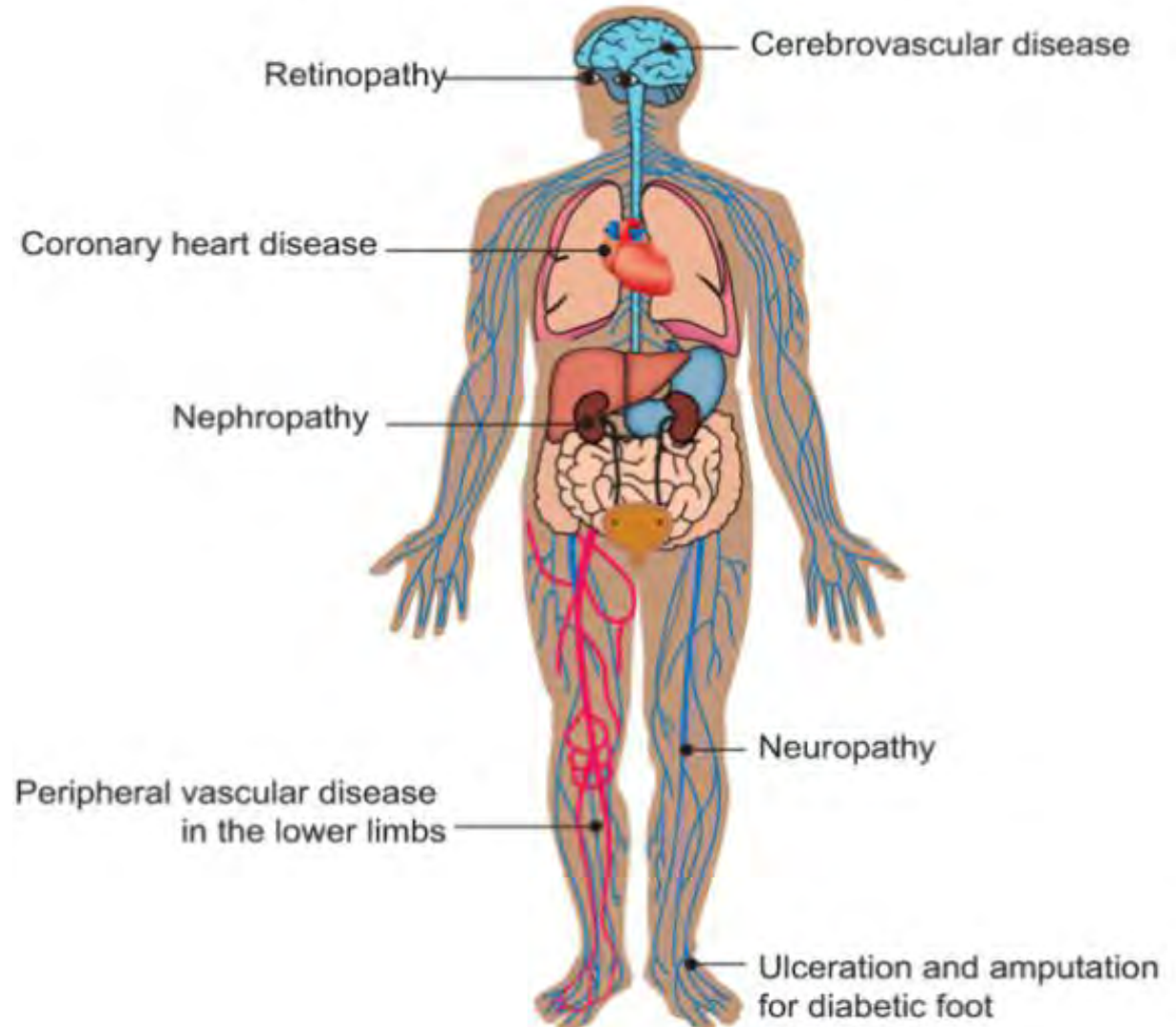




# Long Term Effects of Diabetes

## Major diabetes complications

Prevention  
is  
key



# How Do You Treat Diabetes?

- ▶ Education
- ▶ Blood Sugar Management
- ▶ Nutrition
- ▶ Physical Activity
- ▶ Medication
- ▶ Mental Health
- ▶ Support groups
- ▶ Traditional ceremony
  - Elder/Healer
  - Sweats
  - Sharing circles
  - Journey to balance
- ▶ Movement
- ▶ Food choices
- ▶ Positivity

# Treating Diabetes: Education

- ▶ Standing Together:  
<http://www.youtube.com/watch?v=y-ZTJQR-SHA>
- ▶ Mental health and diabetes:  
<https://www.youtube.com/watch?v=pm4aZ0vJiBw>
- ▶ Knowing what diabetes is and why lifestyle changes are important
- ▶ Knowing who to go to if you have questions about managing your diabetes
- ▶ Participating in support groups





# Your Team

You

Family, friends, acquaintances, community

Doctor

Diabetes Educator

Dietitian

Podiatrist

Endocrinologist

Ophthalmologist

Pharmacist

Exercise Physiologist

Dentist

Psychologist or  
counselor

# You: Developing Your Plan

## *My Wellness Plan*

- ▶ What is my *vision* and *goal*?
- ▶ What's *working* for me?
- ▶ What do I *need* to work on?
- ▶ What people, things and habits currently have an *impact* on my wellness journey?
- ▶ Which of these *help me* on my wellness journey and *how* do they help?
- ▶ Which of these do I need to *release*?
- ▶ Who can I *share* my wellness journey with and who will *support* me?
- ▶ What additional *support* do I need to help me on my wellness journey, and specifically to help me reach my goal?
- ▶ Who am I doing this for and what is *my inspiration*?

# Treating Diabetes: Blood Sugar Monitoring

- ▶ Normal range: 4.0 – 7.0
- ▶ Pre Diabetes: 6.1 – 6.9
- ▶ Diabetes: 7.0 or higher



# Treating Diabetes: Nutrition

What kind of diet would be best for a person with diabetes?



## Choices

- ▶ Variety
- ▶ Moderation
- ▶ Cooking method
  - Bake, steam, fresh
  - More fresh less fried
- ▶ Fruit & Vegetables
- ▶ Fibre
- ▶ Protein
- ▶ Water
- ▶ Reduce sugar



# Does Food Affect My Blood Glucose Levels?

## The Glycemic Index



0

100

55 or  
less

56 –  
69

70 or  
more



# What is the Rating of the Following?

## Cereal

- Cornflakes
- Bran Buds
- Oat Bran

## Soup

- Black Bean soup
- Green Pea soup

## Convenience

- Instant and short grain rice
- French Fries
- Pear, Peach, Plums

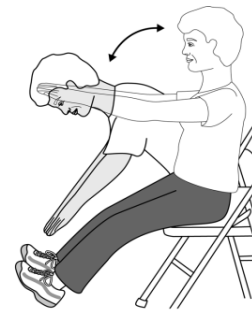
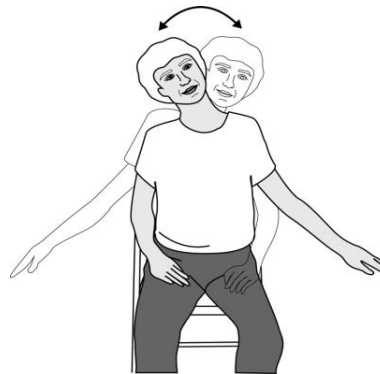
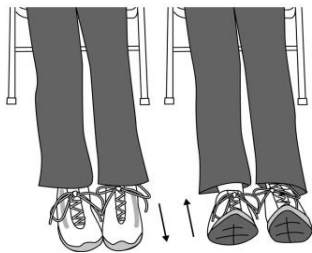
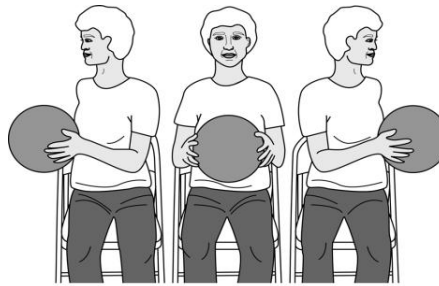
# Super Foods for Diabetes

- ▶ <https://www.youtube.com/watch?v=fDjWczxy374>.



# Treating Diabetes: Physical Activity

Small changes make a big difference



## Physical activity in combination with other areas of diabetes management is crucial for controlling diabetes

### What is recommended

- ▶ To manage diabetes, adults aged 65 and older should accumulate at least 150 minutes of moderate- to vigorous- intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ▶ It is also beneficial to add strength exercise using major muscle groups at least 2 days per week
- ▶ It is important to start slow and build up intensity as your body gets used to the exercise.

### Why is it recommended

- ▶ Physical activity helps manage chronic disease such as diabetes or arthritis
- ▶ It maintains optimal mental health and helps you feel better by improving your mood and general well-being
- ▶ Maintains bone health and healthy body weight
- ▶ Keeps mobility and functional independence

# Treating Diabetes: Medications

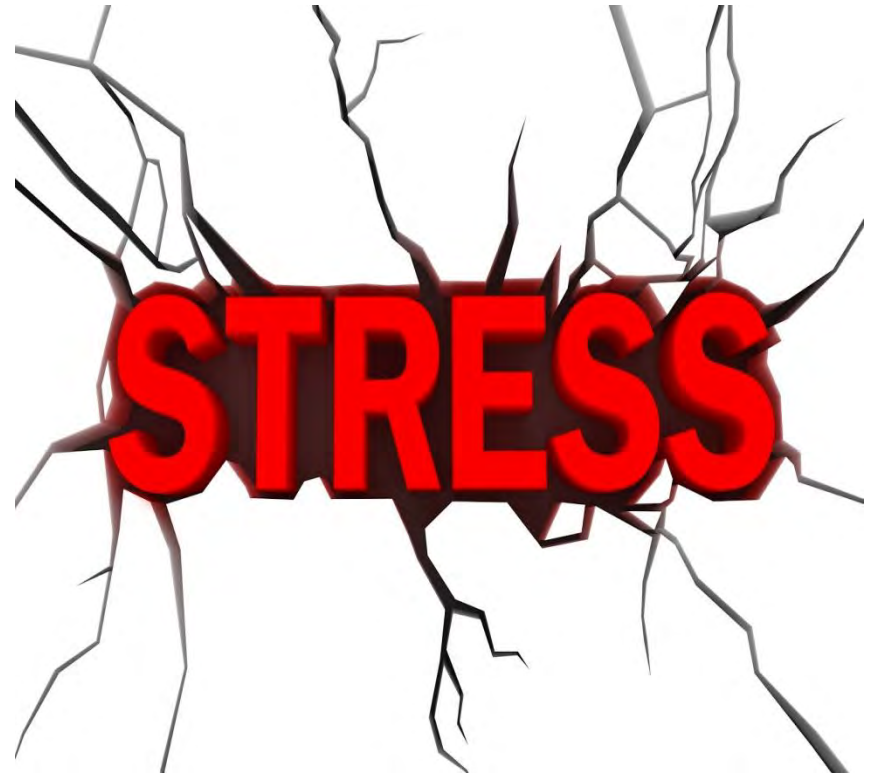
- ▶ When blood sugars are not controlled with diet and exercise alone, medications may be needed, such as metformin.
- ▶ When pills aren't enough, injectable insulin is needed



Metformin and Insulin

# Treating Diabetes: Mental Health

- ▶ Elevated blood sugar
- ▶ Contributes to insulin resistance
- ▶ Leads to weight gain



Effects of Stress

Stop Stress

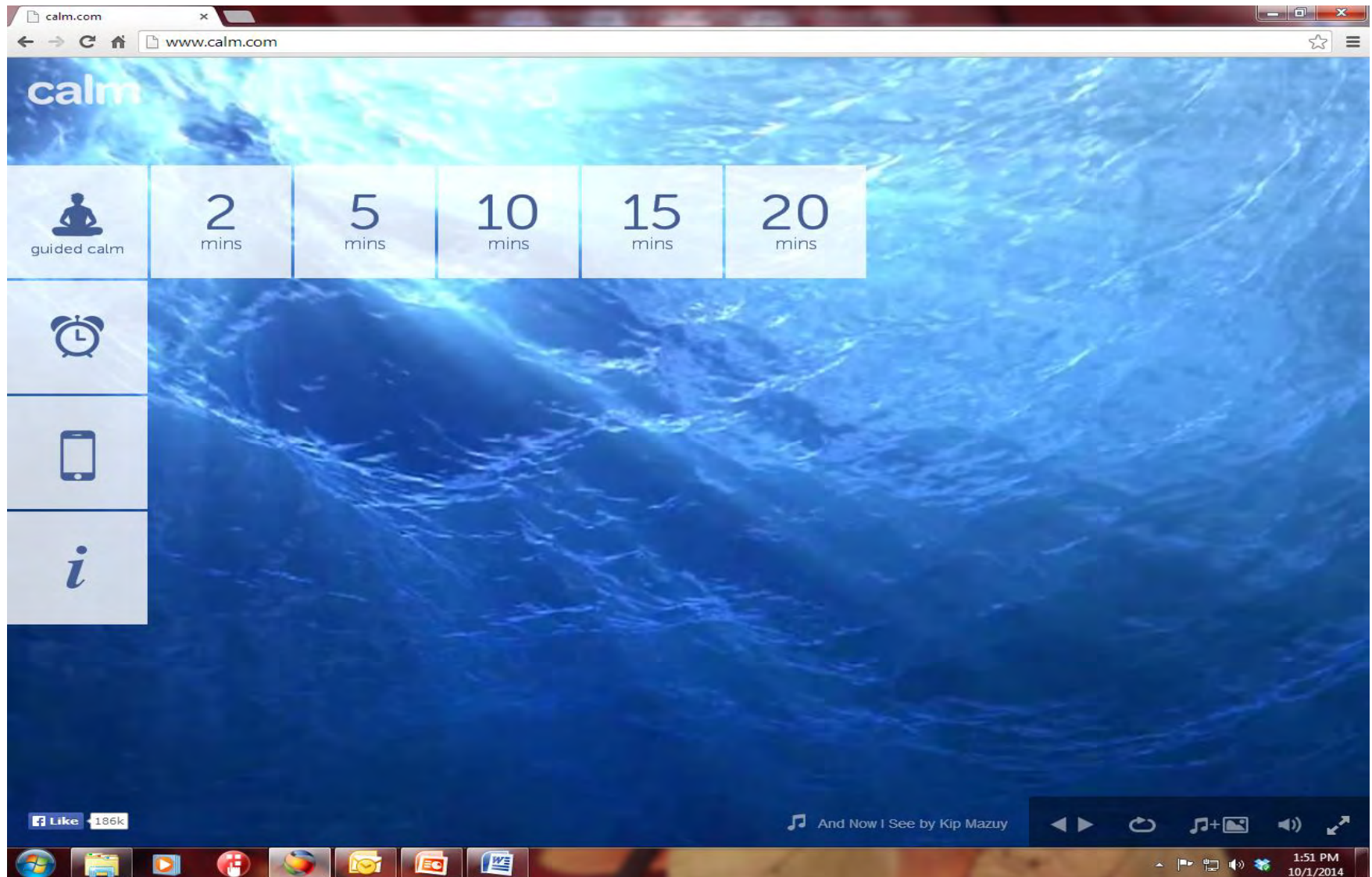
# Treating Diabetes: Mental Health

- ▶ Traditional healing practices:
  - sweats
  - Sharing Circles
  - Smudging
- ▶ Blend of Traditional and Western medical practices
  - Support groups
  - Meditation
  - Exercise
- ▶ Calm.com.
- ▶ <http://www.calm.com>.

Guided Practices

Resources

# Calm.com



National Aboriginal Diabetes Association



# Emotional Well-Being

- ▶ Managing stress is another important aspect of prevention and management of diabetes. It is wise to understand stress and how to cope with it:

- Sharing circles
- Support Group
- Sweats, Ceremony
- Calmness, meditation,
- Deep controlled breaths
- Humour
- Other





# Spiritual and Social Wellbeing

- ▶ Changing how you look/feel about diabetes, always look for the positives
- ▶ Make a list of your strengths and accomplishments
- ▶ Enjoy your gifts
- ▶ Commit to the challenge of living a balanced lifestyle
- ▶ Accept that one can live a healthy and happy life with diabetes
- ▶ Dealing with diabetes by getting help from others
- ▶ Talk to Elders and seek their wisdom. Share your feelings with a good friend or family members
- ▶ Get support for other issues in your life
- ▶ Be physically active
- ▶ Learn new things
- ▶ Do something nice for someone else
- ▶ Actively work with a health care team

Spiritual

Social



# Affects Blood Glucose Levels?

Your Blood Glucose may get too high if you:

- ▶ Eat more than usual
- ▶ Eat foods high in sugar
- ▶ Do not get enough exercise
- ▶ Have lots of stress in your life
- ▶ Have an infection or other illness
- ▶ Take certain medicines
- ▶ Do not take enough insulin or other diabetes medication

Your Blood glucose may get too low if you:

- ▶ Eat less than usual
- ▶ Delay or skip a meal
- ▶ Exercise too much
- ▶ Take too much insulin or other diabetes medication

Too High –  
Hyperglycemia

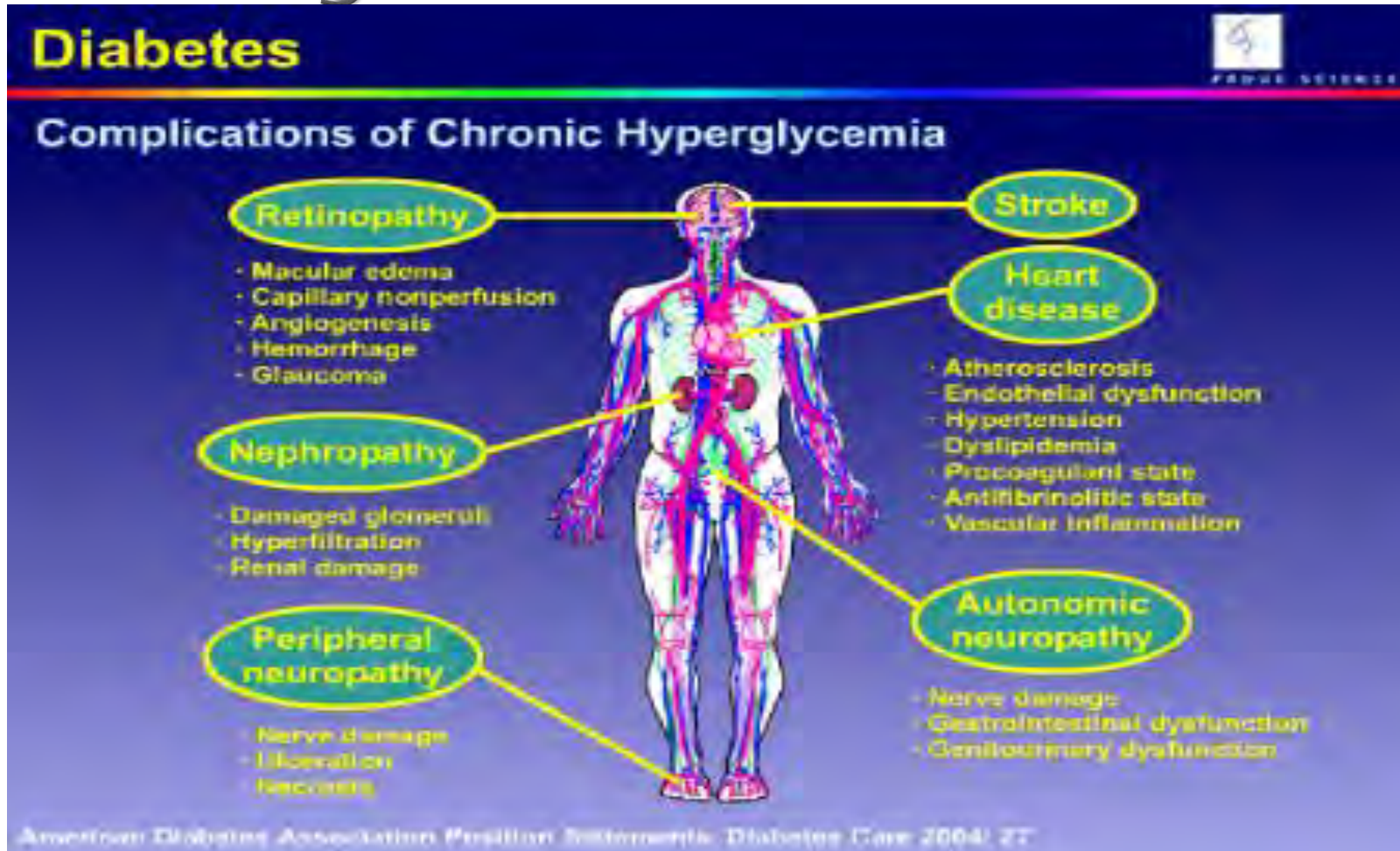
Too Low – Hypoglycemia

# Treating Diabetes



Hypoglycemia (Low)

# Treating Diabetes



Hyperglycemia

# Treating Diabetes

- ▶ If blood sugar is less than 4.0 mmol/l take one of the following:
  - $\frac{3}{4}$  cup of juice
  - $\frac{3}{4}$  cup regular soft drink
  - 3 tsp or 3 packets of table sugar
  - 1 tbsp of honey
  - 6 lifesavers
- ▶ Wait 15 minutes
- ▶ People with mildly elevated glucose or prediabetes can often lower their glucose levels by incorporating diet and lifestyle changes. To assure that you chose the right dietary and lifestyle changes , you should speak with your health care professional
- ▶ Call health links

Hypoglycemia (LOW)

Hyperglycemia (HIGH)



# Diabetes Review Video

- ▶ [http://www.youtube.com/watch?v=ae\\_jC4FD0Uc](http://www.youtube.com/watch?v=ae_jC4FD0Uc)



Remember the teachings of the Medicine Wheel. You must find a balance between your own physical, emotional, intellectual, and spiritual health.

# Diabetes and Smoking

## Dangers of smoking

- ▶ When you smoke, less oxygen flows inside your body
- ▶ *If you smoke and have diabetes, you are more likely to get kidney disease or nerve damage*
- ▶ Leads to colds and respiratory infection
- ▶ Smoking damages blood vessels which makes harder for your body to heal
- ▶ Each cigarette takes 7 minutes of your life

## Cessation, reduction

- ▶ Decreases blood pressure, pulse rate and the risk of cardiovascular disease
- ▶ Increases healthy appetite and optimal body weight
- ▶ Reduces stress levels and anxiety
- ▶ Aids in better sleep and overall appearance
- ▶ Decreases the risk of diabetes related complications

For more information on how to quit smoking, go to [www.gosmokefree.ca](http://www.gosmokefree.ca).





# Questions and Answers

