

TOP TIPS FOR PREVENTING OR MANAGING TYPE 2 DIABETES (T2D)

WHAT IS IT?

In a healthy person, carbohydrates are broken down into sugars in the small intestine & enter the blood.

This rise in sugar triggers the release of insulin from the pancreas. Insulin acts like a key, opening cells to let the sugar in, where it is used for energy.

HOW DIET AND LIFESTYLE CAN HELP

Reduce the main culprit – **SUGAR**

It's found in whole food carbohydrates like pulses, beans, fruit, veg & in higher quantities in processed foods like bread, rice, pasta, baked foods & sugar itself.

Tip: Opt for whole, unprocessed or wholemeal foods, they break down more slowly, preventing high blood sugar levels

REDUCE CORTISOL

Poor sleep & stress cause cortisol to be released. This reduces insulin production & your cells' response to it.

Sleep: Aim for 7-8 hours in a dark room
Stress Relief: Yoga, breathing techniques, exercise or share problems with friends

In T2D insulin either can't open the cells or the pancreas can't make enough, leading to high blood sugar.

TAKE VITAMIN D3

It supports pancreatic function & insulin production.

Take a 10ug supplement each day, especially during September - April when we can't get it from the sun

MOVE

Like insulin, movement, specifically weight bearing or aerobic movement, acts to open the body's cells to allow sugar to enter.

Take a 15-min walk after eating

BALANCE MEALS & SNACKS

Include fats & protein in meals. They slow the release of sugar, reducing your blood sugar peak.

Breakfast: Add seeds to cereals
Snacking: Eat nuts with fruit
Lunch/Dinner: Include proteins e.g. meat, fish, poultry, tofu, legumes, beans

WHAT IS PREDIABETES? When blood sugar is above normal, but not high enough to be T2D. There's a high risk that without intervention, it will develop into T2D.

RISK FACTORS

UNMODIFIABLE: genetics, age, race, ethnicity

MODIFIABLE: weight, movement, diet, sleep, smoking

T2D AFFECTS BLOOD VESSELS AND NERVES

If unmanaged, T2D can affect any part of the body e.g. heart, kidneys, eyes, digestion, skin

TIP: Get these checked regularly for early signs of damage

SYMPTOMS

Frequent urination, especially at night
Unintentional weight loss
Longer healing cuts
Blurred vision
Extreme thirst

Diagnosis... One or more of the following blood tests might be used to diagnose T2D...

TEST

T2D

Prediabetic

Normal

HbA1c Test

Average over 2-3 months

> 48 mmol/mol

42 & 48 mmol/mol

< 42 mmol/mol

Fasting Blood Sugar

After an overnight fast

> 7 mmol/l

5.5 & 6.9 mmol/l

< 5.5 mmol/l

Glucose Tolerance Test

Two hours after a glucose drink following an overnight fast

> 11.1 mmol/l

7.8 & 11.0 mmol/l

< 7.8 mmol/l