



# DIABETES

## WHAT IS DIABETES?

The term "diabetes mellitus" refers to a group of diseases that affect how your body uses blood glucose, commonly called blood sugar. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's your brain's main source of fuel.

If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the reasons may differ. Too much glucose can lead to serious health problems.

There are two Main Types of Diabetes.

## TYPE 1 DIABETES



Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar (glucose), starches and other food into energy needed for daily life.

## TYPE 2 DIABETES

Type 2 diabetes, once known as adult-onset diabetes, is a chronic condition that affects the way your body metabolizes sugar (glucose), your body's main source of fuel.

When you eat, your food is broken down into a sugar called glucose.

Glucose gives your body the energy it needs to work. But to use glucose as energy, your body needs insulin.

When you have type 2 diabetes, your body doesn't make enough insulin or use it well.

Since your body's cells can't use the glucose from your food as energy, the glucose stays in your blood, where it can cause serious problems.

There's no cure for type 2 diabetes, but you can manage — or even prevent — the condition by eating healthy foods, exercising and maintaining a healthy weight. If diet and exercise aren't enough, you may need diabetes medication or insulin therapy to manage your blood sugar.

Untreated, the consequences of type 2 diabetes can be life-threatening.

*BDI Syringes are useful for Insulin administration*



## YOU CAN MANAGE YOUR DIABETES

There is no cure for type 2 diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) can keep your blood glucose in a healthy range.

Many people with diabetes live long and healthful lives

## WHO'S ON MY DIABETES CARE TEAM?



- your doctor
- nurse
- dietitian
- pharmacist
- diabetes educator
- any other health care provider working to help you care for your diabetes

And remember, you and your health care team are the most important members of your diabetes care team.

## TAKING CARE OF YOUR DIABETES

Your diabetes care team will help you, but day-to-day diabetes care is up to you



That care includes:

- Choosing what, how much, and when to eat
- Getting physically active
- Taking medicine (if your doctor prescribes it)
- Checking your blood glucose
- Checking your Blood Pressure
- Going to your appointments
- Learning all you can about diabetes

## CHECKING BLOOD GLUCOSE

Self Monitoring of Blood glucose levels is key to managing your condition. Your doctor will advise you to start checking your blood glucose at home. If this is the case, you will need to get a small machine called a blood glucose meter. Ask your doctor or diabetes educator to help you select a meter that works best for you.

### How Does a Meter Work?

Meters work by testing a small drop of your blood for glucose. Most people prick their fingertip to get the blood drop, but you can ask your diabetes educator or doctor about other methods.



*Lifescan One Touch Ultra Mini Blood Glucose Meters*

### Why is it Important?

Before you had diabetes, no matter what you ate or how active you were, your blood glucose automatically stayed within a normal range. With diabetes, this is no longer true.

- Checking your blood glucose is one way you can know how food, activity and medicine affect your blood glucose.
- It can help you make sure your blood glucose isn't going too high or too low.
- Write the date, time and blood glucose number



in a logbook so you can share it with your diabetes care team.

- Together with the team, you can use your logbook to make decisions about food, physical activity and medicine.

**How Often to Check**

- Talk with your doctor or your diabetes educator about how often and when you should check your blood glucose.
- Before a meal or two hours after a meal are common times to check blood glucose.
- Also talk with your doctor about what your target numbers should be.

More power to you!

**ONETOUCH**

OneTouch Ultra Strips



Remember your ABCs to help reduce the negative impact of Diabetes on your overall health and lifestyle.

**A** A blood test to determine your month average Blood Glucose Range

**B** Blood Pressure

**C** Cholesterol

**WHAT IS GOOD CONTROL?**

The A1C test provides you and your doctor with an assessment of the overall control of your diabetes. In simple terms, this test measures the sugar coating on red blood cells. The life of a red blood cell is three months, so this test should be done every three to six months to assess your blood sugar control. Your daily blood sugar results will also provide you with helpful information on the impact of foods, physical activity and medications.

Together these tests should help you manage your diabetes. Although you may not feel sick, high blood sugar levels are damaging blood vessels and your organs. Complications of diabetes are preventable if you keep your blood sugar as close to normal as possible. The goal is an A1C level between 6.5% - 7 %

**It is important to take care of yourself. Be sure you work with your doctor.**

**Yearly:**

- Complete physical exam, foot exam, creatinine, cholesterol, triglyceride, and urine micro albumin tests.
- You may have an electrocardiogram and / or a stress test
- Dilated eye exam by an ophthalmologist
- Referral to a diabetes educator or nutritionist
- Referral to a smoking cessation program

**Every 3-6 months:**

- A1C
- A dental exam

**Each Doctor visit:**

- Weight and blood pressure
- Review all medications and supplements
- Review lifestyle changes, physical activity, how you are coping with your diabetes at home and at work
- Discuss changes that may be necessary in the future
- Review problems, vision, numbness, tingling in your hands or feet, low blood sugar reactions, digestive problems, and sexual problems

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**CONTACT INFORMATION:**

**HEAD OFFICE - TRINIDAD**

A.A. Laquis Limited (Medical Division)  
 Cor. Churchill Roosevelt Hwy & Tissue Drive, Trincity, Trinidad  
 E-mail: aalmed@aalaquis.com  
 Website: www.aalaquis.com  
 Tel: 868 640 2482 Fax: 868 640 8159  
 Toll Free Caribbean: 1 800 744 1000

**RETAIL OUTLETS - TRINIDAD**

Trincity Mall, Trincity  
 (868) 640-2482 Ext. 8403  
 Direct Line: (868) 640-1766

18 Ariapita Avenue  
 (868) 640-2485 Ext. 8222  
 Direct Line: (868) 628-9236

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 Direct Line: (868) 657-1111

Gulf City Mall, Lowlands  
 (868) 640-2482 Ext. 8401  
 Direct Line: (868) 666-8777

**JAMAICA**

A.A. Laquis Limited (Medical Division)  
 48 Constant Spring, Kingston 8  
 E-mail: jamaica@aalaquis.com  
 Tel: 876 754 4413 Fax: 876 906 6205

**BARBADOS**

**HEAD OFFICE**  
 A.A. Laquis Limited (Medical Division)  
 Bideford Browns Gap, Hastings, Christ Church, Barbados  
 E-mail: barbados@aalaquis.com  
 Tel: 246 271 0180 Fax: 246 271 0181

**RETAIL OUTLET**

The Lanterns, Shop #4, Hastings, Christ Church, Barbados  
 Tel. 246 271 0362



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**DIABETES**

**Healthy Advice**

