**Diabetes Updates** November 14, 2014

### Diabetes Type 2 | Introduction

## How to measure control of diabetes

You will get a blood test called Hemoglobin A1C. You can call this your A1C for short. It represents an average of your glucose over a 3 month interval. This is a number you need to know by heart.

# **How does A1C** represent glucose?

A1C	Average Glucose
6.0%	126
6.5%	140
7.0%	155
8.0%	182
9.0%	211

# What is the goal?

Ideally your A1C would be below 5.7% which is considered normal.

A1C 5.7% to 6.4% is considered Pre-Diabetes, it's already dangerous but managed.

A1C over 6.5% is Diabetes, and the higher the A1C, the more damage is being done.



# What to expect

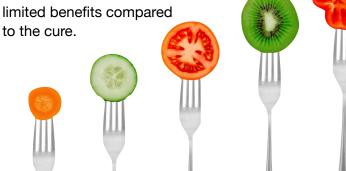
You have been diagnosed with Diabetes Type 2, now what? You will need to be seen every 3 months for checkups until your average glucose is under control. This is monitored with A1C. You'll be evaluated for heart risk, cholesterol, blood pressure, kidney damage, nerve damage and be more closely monitored until things are back under control. Once things are stable (under 7%), checkups are at 6 month intervals.

### Is there a cure for Diabetes?

For most people, there is a cure. It is so simple, yet so difficult to get people to take the road of cure. It's simply diet and exercise, and we'll be encouraging and coaching the cure at every visit to the clinic. Unfortunately the majority of people reject the cure and opt for treatments.

Treatments are sometimes expensive. can have side effects, and have





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# Sugars are the enemy

How much sugar can you eat?

- Women need no more than 25 grams of sugar a day .
  (6 teaspoons)
- Men need no more than 38 grams of sugar a day (9 teaspoons)

That may seem like a lot of sugar, but the average American consumes 19.5 teaspoons a day!

Sugar makes you crave more sugar, which is why it's profitable to add it to packaged foods. In fact, sugar is ADDED to 74% of packaged foods you find at the grocery store.

One 12 oz can of soda has around 11 teaspoons of sugar ( 46.2 grams)

One can of soda a day can increase risk of dying from heart disease by almost 1/3

Leading yogurt brands have 7 teaspoons of sugar ( 29 grams). Not all yogurt is "healthy"

# What happens next?

This is mostly dependent on your willingness to change your lifestyle choices.

#### Option A:

We recommend a healthy diet without added sugars. Since most packaged foods will have added sugar with hidden names, get familiar with them. There are at least 61 different names for sugar! It's best to avoid processed/packaged foods and keep things simple. A high nutrition / low calorie diet is the best. I recommend "Eat to Live" by Joel Fuhrman, MD as one of the best introductions to eating healthy. Weight loss is dramatic and you'll never feel better than on this diet. Better still, it can eliminate diabetes completely.

#### Option B:

Medications can help through methods that regulate insulin production, reduce insulin resistance, reduce appetite with nausea, reduce glucose production, and even make you urinate out the glucose you ate - believe it or not. These can all help, but nothing like diet. There may come a point where your body is too resistant to insulin or is exhausted from overproduction that is shuts down. In these instances you may require insulin injections to manage the disease.

Please don't get upset with us as we try to coach Option A. You come to our clinic to get well and this is clearly the best option. Other clinics can push pills and rush through your visits, but we are going to put you as our first priority.

