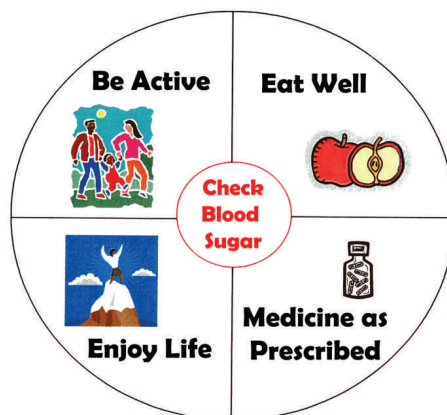


What can I do about diabetes?

1. Lose weight. A 200 lb person only needs to lose 10-20 lbs to help their blood sugar.
2. Be more active. If the doctor says it's OK, walk for 1/2 hour a day 5 days a week. This 1/2 hour can be broken into 2 or 3 shorter walks.
3. Eat in a healthy way—3 meals a day, smaller portions, less fat, less sugar and more fibre.
4. Take the time to relax and enjoy life.
5. Take any medications the doctor prescribes and see him or her every 3-6 months.
6. Talk to a diabetes educator—call the Sioux Lookout Diabetes Program at 1-888-507-7701 or Windigo Diabetes at 807-737-1585.



The Keys to Living Well with Diabetes



Diabetes is Serious — Take Action Now

Awareness is the first step...

Understanding is the second...

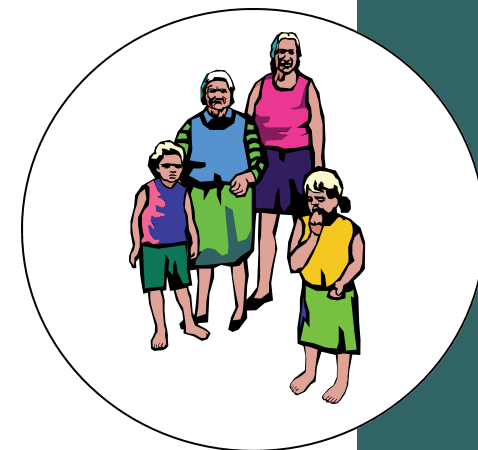
Wanting to make changes is the third...

BUT

Nothing will happen until you believe you can do it and actually take the first step...

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1-807-737-1585



The Nature of DIABETES

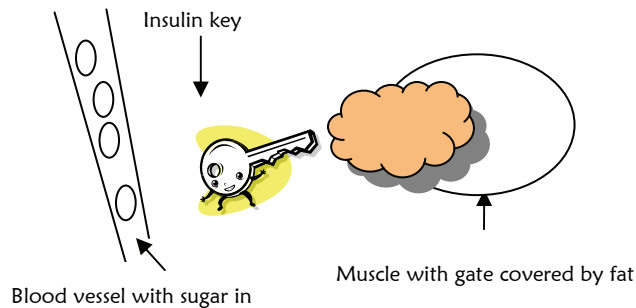
Windigo First
Nations Council

Aboriginal Diabetes Initiative
2006-7

What is diabetes?

Insulin is like a key to let sugar out of our blood and into our muscles.

In diabetes, a person's body cannot make enough insulin, or the insulin does not work right, so sugar stays in the blood.



Why is there so much type 2 diabetes?

The main reason has to do with body fat. Our bodies are very good at storing fat. This was helpful in the past when food was not as easy to get. But it is a problem now. People are much less active today than 50 years ago. We also eat a lot more fat, sugar and bigger portions. Too much food and not enough activity makes us gain weight. Too much weight can stop our insulin from working properly. This makes blood sugar go up.

Types of diabetes

There are two main types of diabetes.

Type 1 - This means that a person's body no longer makes insulin. They **must** inject insulin to live. This type of diabetes is very rare in First Nations people in our area.

Type 2 - This means that a person's body does not respond properly to the insulin or that there isn't enough insulin. Almost everyone has this type of diabetes.

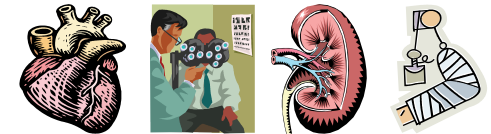
There is also...

Gestational Diabetes (GDM) - This is a kind of diabetes first seen in pregnancy. GDM is more common in First Nations women. GDM means that a woman and her child are both at higher risk of developing diabetes in the future.

Pre-Diabetes—Impaired Glucose Tolerance (IGT) and/or Impaired Fasting Glucose (IFG) - People with IGT or IFG are at a high risk of developing diabetes. Becoming more active, eating in a healthy way and losing some extra body fat may help prevent or delay diabetes.

Is diabetes serious?

YES - diabetes is a serious disease. High blood sugar can lead to heart attacks, blindness, kidney failure and a loss of feet and legs.



Diabetes is serious for young people, too. They can develop serious complications by the time they are in their early 20's.

Diabetes is progressive. This means that, over time, blood sugar will become harder to control .

People with diabetes need to check their blood sugar and to see their doctor and diabetes team regularly. These steps will help people with diabetes know when they need to make changes that will help them keep their blood sugar at a healthy level.

Change may mean adding a medication(s). People with diabetes will always need to eat well, be active and manage their stress.