



Diabetes

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What is diabetes?

Diabetes (or diabetes mellitus) occurs when a person's pancreas produces insufficient amounts of the hormone insulin (type 1) or when a person's body tissues become resistant to insulin (type 2). The result of either is an unusually high blood sugar level.



Why is it significant?

Diabetes is a chronic medical condition that can lead to a number of complications if left untreated. These complications include cardiovascular (heart and blood vessel) disease, as well as kidney, eye and nerve disease.



What else should I be aware of?

The Province of Alberta requires you to report any medical condition that may affect your ability to drive safely, including diabetes. For more information, call toll-free 310-0000, then 780-427-8230.

What can I do?

- ✓ Work with your doctor to manage your sugar values. This will include diet, exercise and, possibly, medication.
- ✓ Since people with diabetes are prone to high blood pressure, monitor your blood pressure closely.



- ✓ Ask your doctor what you need to do to achieve your target BP reading (typically, for diabetics, at or below 130/80).
- ✓ Engage in daily physical activity.
- ✓ Good nutrition is the key to successfully managing diabetes. Find out what a healthy diet is for you and plan your meals accordingly. Ensure your cholesterol values are at target.
- ✓ Maintain a healthy body weight, especially if you have type 2 diabetes.
- ✓ Ensure you maintain regular contact with your doctor to prevent and screen for complications.
- ✓ Contact the Canadian Diabetes Association at www.diabetes.ca or 1-800-226-8464.
- ✓ Learn more about diabetes by going to www.makinghealthhappen.com.



Go to MakingHealthHappen.com and enter **center1010** in the search box to learn more about Diabetes.

